

American Profile



MyAmerica

The winners of
our second annual
reader photo contest



INSIDE:

- Teaching Clover and the school kids
- Fred Barraza delivers books and goodwill
- Rum-glazed carrots & other easy side dishes

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Ask American Profile

Q I'm trying to find a movie called *Uphill All the Way*, starring Roy Clark and Mel Tillis.

—Linda Beane, Marienville, Pa.

The 1986 comedy was about a pair of unemployed, scatter-brained buddies (portrayed by country music singers Clark and Tillis) in the 1930s who are somehow mistaken for bank-robbing desperados. It didn't make much of a splash theatrically, but you can find VHS copies for sale at www.amazon.com.



Singer Tiffany balances music and motherhood.

Q Whatever happened to Tiffany, who sang "I Think We're Alone Now"?

—Daniel Dupont, Delaware, Ohio

The teen pop sensation of the 1980s, now 36, continues to tour, appeared last year on television's *Celebrity Fit Club* series and earlier this year released a new CD, *Just Me*, which she says has some "country undertones." Born Tiffany Renee Darwisch in Norwalk, Calif., she says motherhood has kept her grounded on the roller coaster of the entertainment world. "I get the most joy out of it," says Tiffany, who has a 14-year-old son. "It's truthfully my hardest job and my most rewarding."

JUST RELEASED...

The new CD, *Baritone*, is a collection of country music performed by John Turner. Turner chose a variety of themes and emotions. "There's gospel stuff, hometown kind of songs, backwoods-redneck kinds of songs, love songs," says the singer, whose hits include "Long Black Train," "Your Man" and "Would You Go With Me." "It runs the gamut. This is who I am and I want people to see I'm very genuine about what I do."



Thomas Hulce played Mozart in *Amadeus*.

Q I can't find anyone who knows what happened to the young man who played Mozart in the movie *Amadeus*.

—John Bresnahan, Devey, Ariz.

Actor Tom Hulce, nominated for an Oscar for his portrayal of composer Wolfgang Amadeus Mozart in the acclaimed 1984 film, continued to act in movies in television throughout the '90s. In recent years, however, he's turned his attention to directing and producing, bringing several major theatrical productions to the stage. He lives in Seattle with his wife and their 10-year-old daughter. A lot of fans remember Hulce, now 53, from his first major role: wide-eyed college freshman Larry "Pinto" Kroger in *National Lampoon's Animal House*. He also provided the voice of Quasimodo in the animated 1996 Disney adaptation of *The Hunchback of Notre Dame*.

Q I would like to know about Richard Belzer, who's great in *Law & Order: SVU*. I heard he used to be a stand-up comic. Is that true?

—Mrs. Raymond Rees, Sebring, Fla.

Indeed it is. Belzer, 63, worked as a newspaper reporter before switching to stand-up comedy, ultimately breaking into acting. He is the first actor to ever portray the same character—in his case, police Detective John Munch—as a regular or guest on 10 different TV series, including *Law & Order*, *Homicide: Life On The Streets*, *The X-Files* and *Arrested Development*. Belzer and his wife of 22 years, Harlee, split their time between homes in New York City and France.

* Cover photo by Stefanie Nordberg



Richard Belzer stars in TV's *Law & Order: SVU*.

■ Would you like to know more about your favorite celebrity or public figure?

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On the Job

by MARTI
ATTOUN
Contributing Editor

Delivering Books and Goodwill

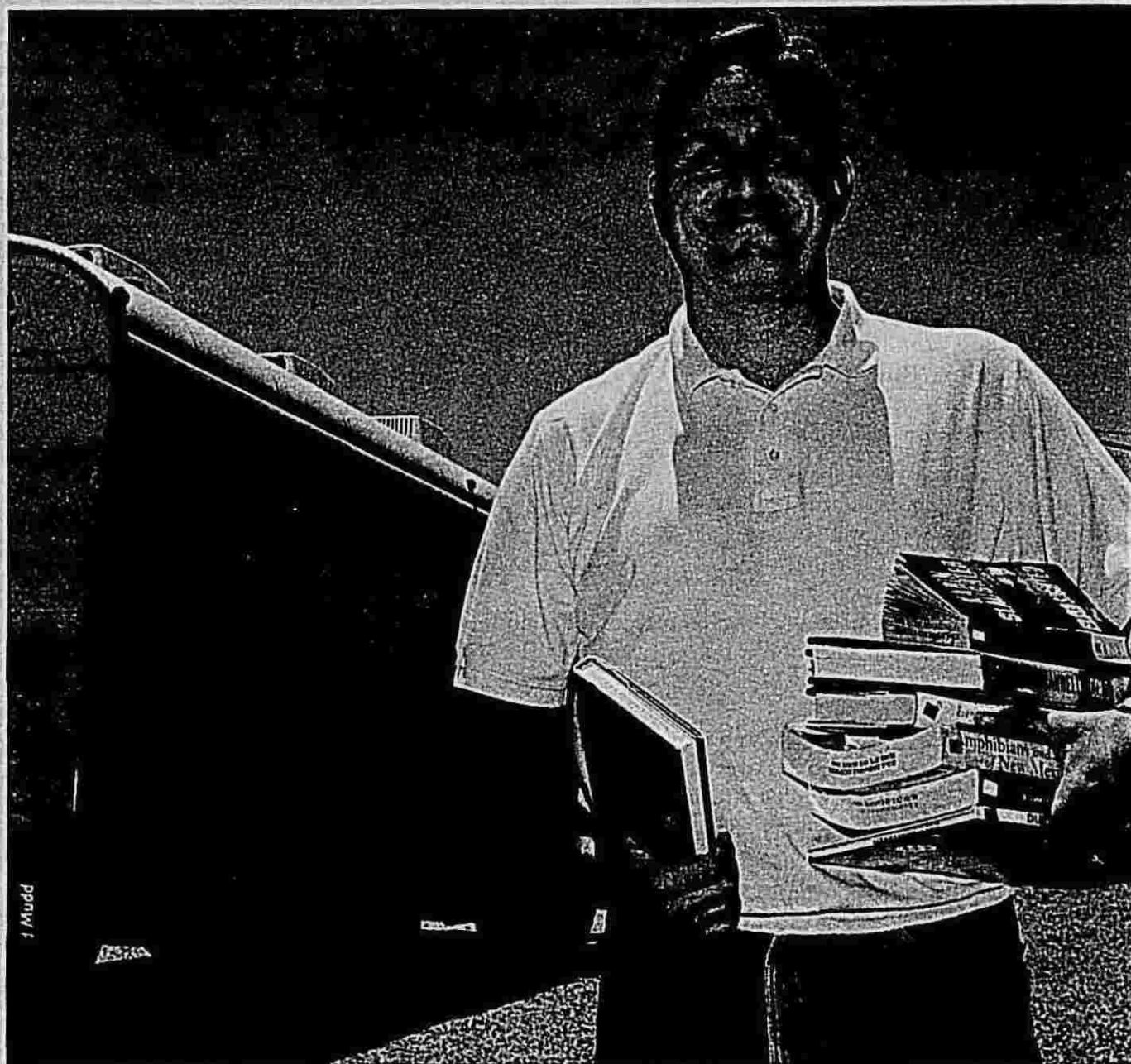
Within minutes of parking in the mountain village of Hurley, N.M. (pop. 1,464), Fred Barraza opens the bookmobile door and welcomes one eager patron after another.

"How are you today?" he asks Karin Wade, 71, who boards the bus with two bagfuls of mysteries to swap for new ones.

As Barraza and Wade chat about the weather, Shawdail Hestand, 6, steps inside with her grandmother and heads straight for the children's shelves to load up on books about ants, alligators,



Trisha Clanton browses the children's section with her granddaughter, Shawdail Hestand, 6.



rabbits and palominos, while Roseanne Griggs searches the nonfiction titles for a book about the Delaware Indians.

"I'd like to know as much as I can about my people," Griggs, 59, tells Barraza. No books about the American Indian tribe are on board so Barraza offers to bring them on his next visit or to mail them to Griggs.

For 26 years, Barraza has maneuvered the New Mexico State Library bookmobile over steep and twisting mountain roads to deliver books to people in the state's isolated desert towns. Along the route, he parks at post offices, cafes, grocery stores, and community and senior centers. He

spends two nights a week at motels on the 325-mile route.

"The more rural we go, the more books people check out," says Barraza, 52, who lives in Silver City (pop. 10,545) where the bookmobile office is located.

Among several thousand patrons who regularly use the bookmobile are ranchers Irving and Lessie Porter of Weed, who live 65 miles from the nearest library in Alamogordo (pop. 35,582). Each month, the Porters fill a box with books to read until Barraza returns.

"Fred travels a long way to get here," says Irving, 83. "He's a dandy guy. He encourages

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young people to read and orders any books they're interested in."

Another patron, Shirley Watson, lives in the mining ghost town of Chloride. "In winter, we have heavy snows, but the bookmobile still makes it," says Watson, 93, who relishes large-print mysteries.

Though the library on wheels is snug, it holds about 3,500 books—from Mark Twain classics to Dean Koontz thrill-



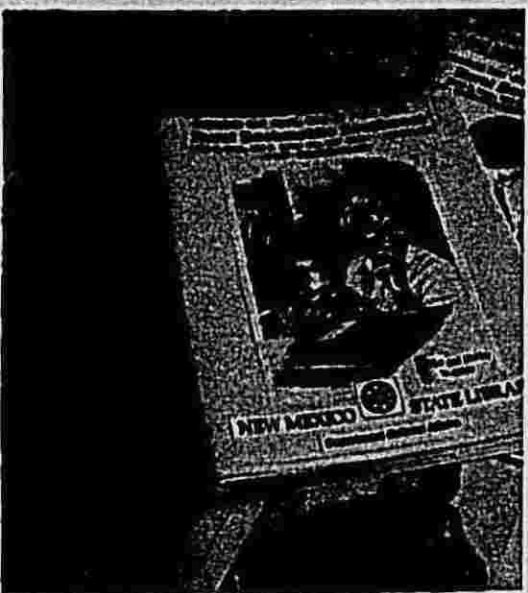
Barraza chats with patron Roseanne Griggs.

ers—and audio recordings and videotapes on slanted shelves so the inventory stays put over bumps and around hair-pin curves.

When Barraza began the bookmobile job in 1981, he was living the life of a starving artist, having recently graduated with an art degree from Western New Mexico University in Silver City. At the time, he assumed the job would be temporary, but as it turned out, it became a full-time career for the former U.S. Marine, who is married and has two grown sons.

"Getting to know people is the most rewarding part of my job," says Barraza,

(Continued on page 6)



Barraza's artwork—portraits of patrons—graces the bookmobile's quarterly schedules.

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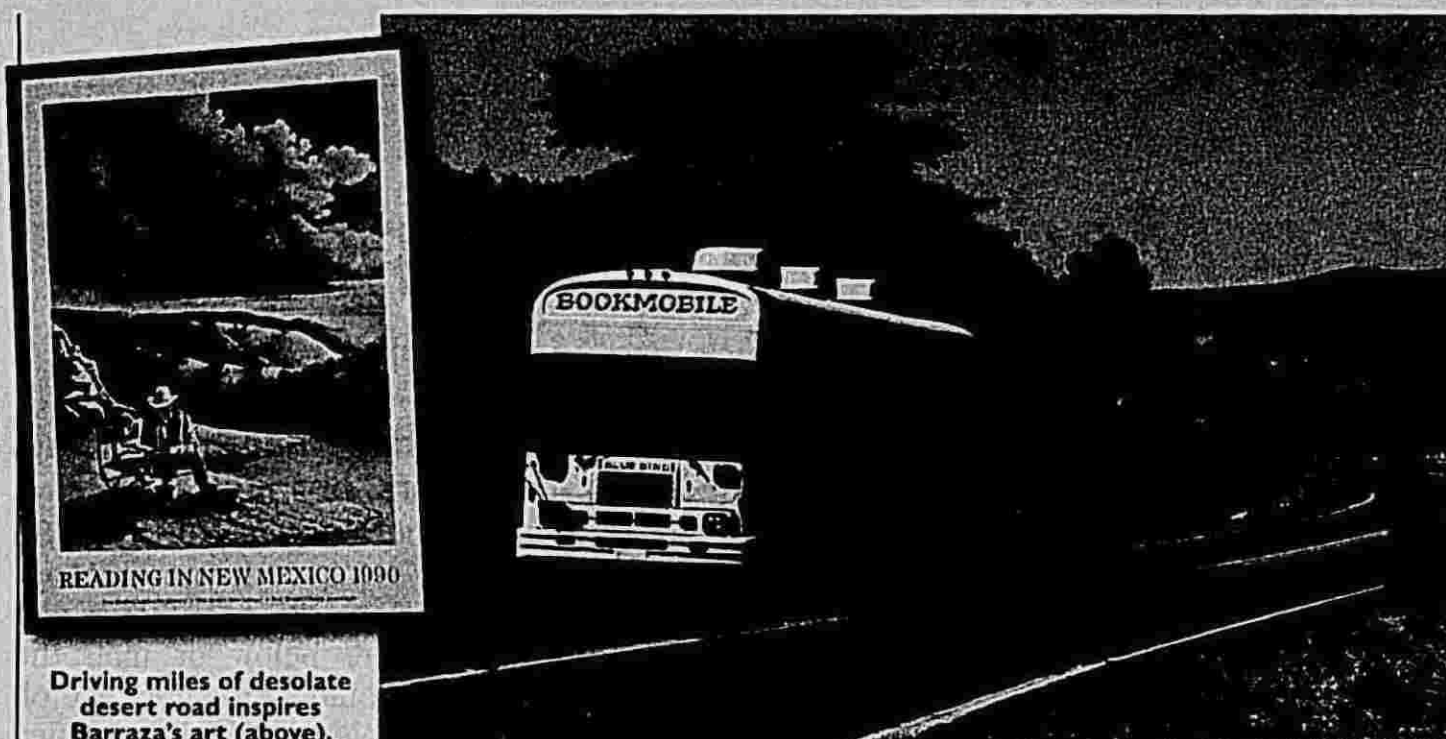
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Driving miles of desolate desert road inspires Barraza's art (above).

(Continued from page 5) who now uses his artistic talents to illustrate books. "A lot of us have become good friends."

Some patrons bring him homemade bread or cake, while others serve as models for his pencil drawings. For 23 years, Barraza has drawn portraits of patrons to illustrate the bookmobile's quarterly schedules. "Everybody asks, 'Who's going to be next?'"

Barraza understands people's affection for the mobile

library because he borrowed books from a bookmobile as a young boy in nearby Santa Clara (pop. 1,944). "Not long ago we were weeding out some books and I saw my name on a card," he says. "It was an art book that I had checked out in 1965."

After the Hurley stop, Barraza switches off the lights, folds up the step and rolls down the road. Tomorrow, he'll open the library door in another mountain village and welcome more patrons and friends. ☆

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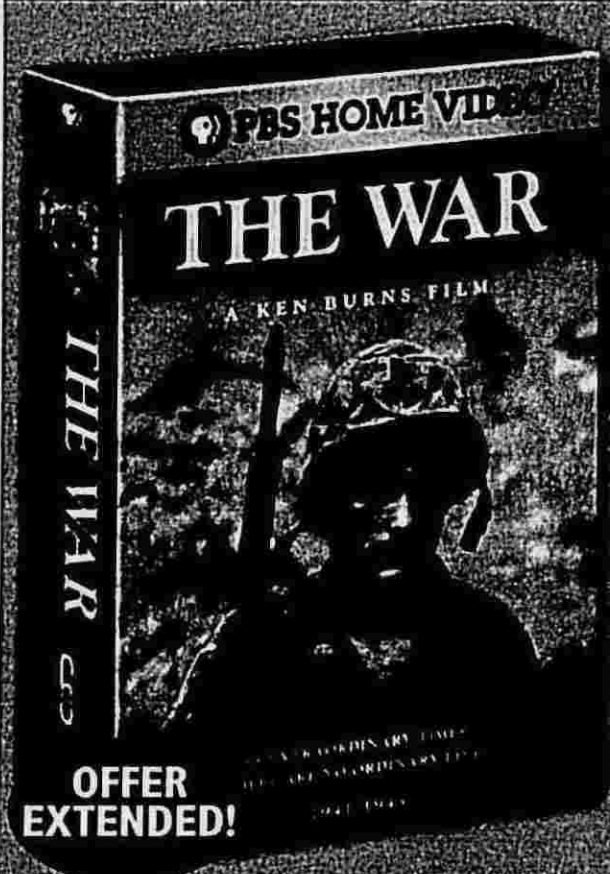
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Cover Story

My America

Winners selected in
American Profile's

● photo contest

Red, white and blue were the primary colors of hundreds of entries submitted in *American Profile's* second annual "My America" Photo Contest. The Stars and Stripes was photographed on flagpoles and front porches, during Memorial Day services and Fourth of July parades, and emblazoned on everything from a rodeo horse to hot-air balloons.

Other popular subjects were barns and bald eagles; the Grand Canyon and Niagara Falls; children and pets; cowboys and American Indians; fishermen and firefighters; and the Empire State Building and Arlington National Cemetery.

Picking three winners from more than 1,000 entries was difficult, but ultimately staff members selected a photo submitted by Stefanie Nordberg of Polson, Mont., as the first-place winner. She will receive \$500.

"After visiting my parents in Charlo, Montana, in May of 2006, I drove down Leon Road toward Highway 93 when I had to stop to photograph their neighbor's barn," Nordberg says. "The lighting seemed awesome, the colors were crisp, and I have just fallen in love with this photo."

The \$250 second-place prize was awarded to Harold Ogden of Tahlequah, Okla., for his photograph of Stone Lagoon School, a historic one-room schoolhouse that now houses a museum near Orick, Calif. Coincidentally, Ogden won first place in last year's contest.

The \$100 third-place prize went to Brent Young of Pleasant Grove, Utah, who sent in a photograph of a beaver pond in Grand Teton National Park in Wyoming. Young also received an honorable mention for another entry. Both photos are on page 10.

Other honorable mentions were awarded to Kasey Warren of Brighton, Tenn.; Jared Shoaf of West Newton, Pa.; William Michael Peterson of Weatherford, Texas; Elizabeth Garrity of Harvard, Ill.; Sandi Danna of Dallas, Texas; Jeanne Nations of Ely, Nev.; Connie L. Wanner of Willmar, Minn.; and Steven Jennings of Washington Court House, Ohio. You can view these images of America on the following pages or at www.americanprofile.com. ★

FIRST PLACE

The Mission Mountain range towers over farm buildings on the Flathead Indian Reservation in western Montana in this photograph by Stefanie Nordberg of Polson, Mont.

My
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SECOND PLACE

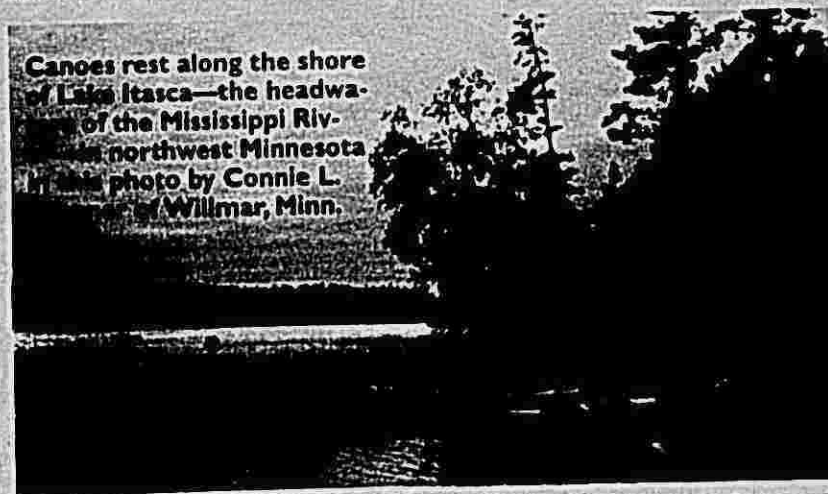
Harold Ogden of Tahlequah, Okla., captured this idyllic image of a one-room schoolhouse, which now houses a museum, near Orick, Calif.



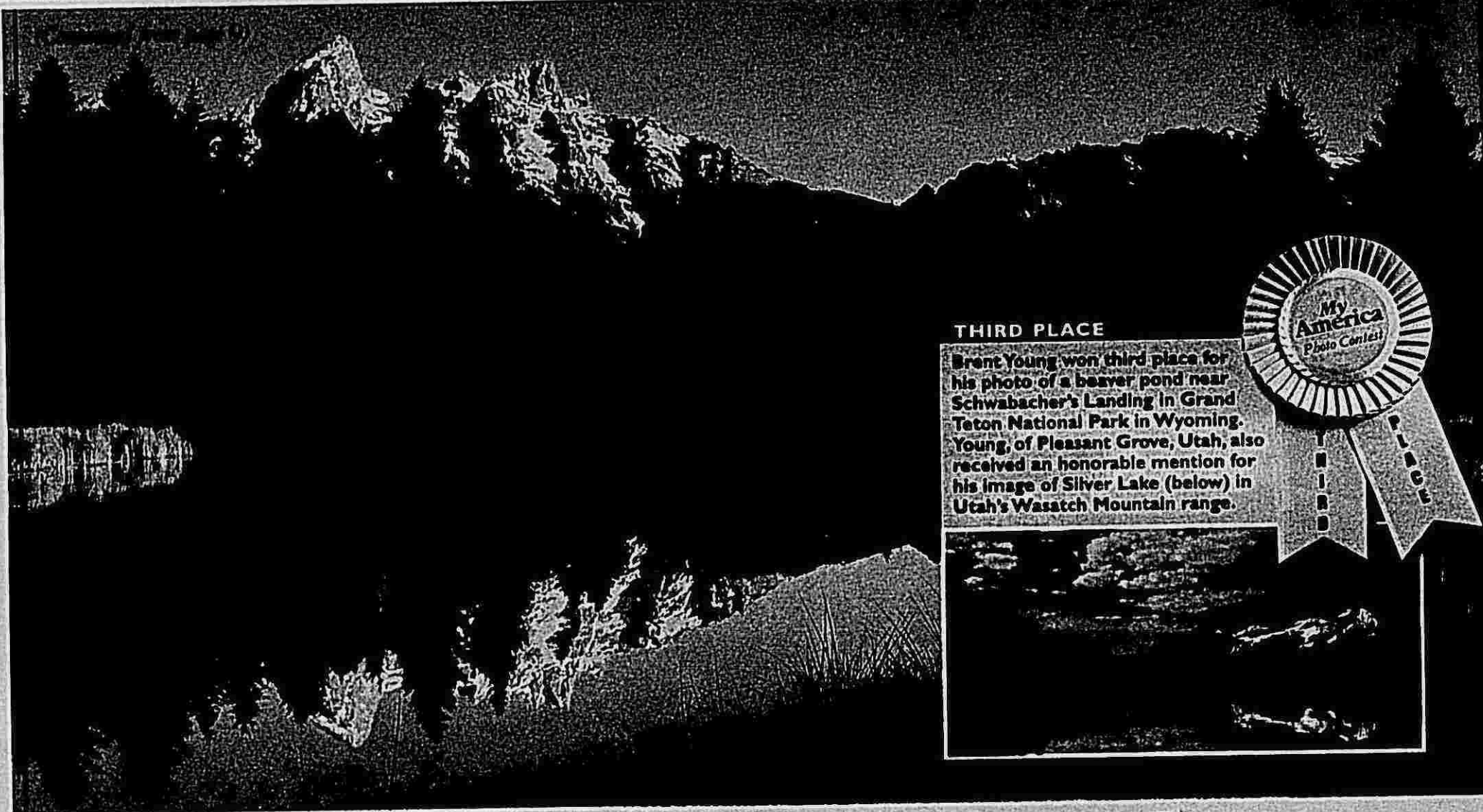
Jeanne Nations of Ely, Nev., photographed cowboy David Wright (above) preparing to rope a calf during spring branding on a cattle ranch in Spring Valley, Nev.; and a herd of wild horses (at right) near the Egan Mountain range in eastern Nevada.



Teammates Dakevian Chism (left) and Brandon Martin, both 10, strike a proud pose before a Little League baseball game in Hughes Springs, Texas, in this photo by Brandon's grandmother, Sandi Danna of Dallas, Texas.

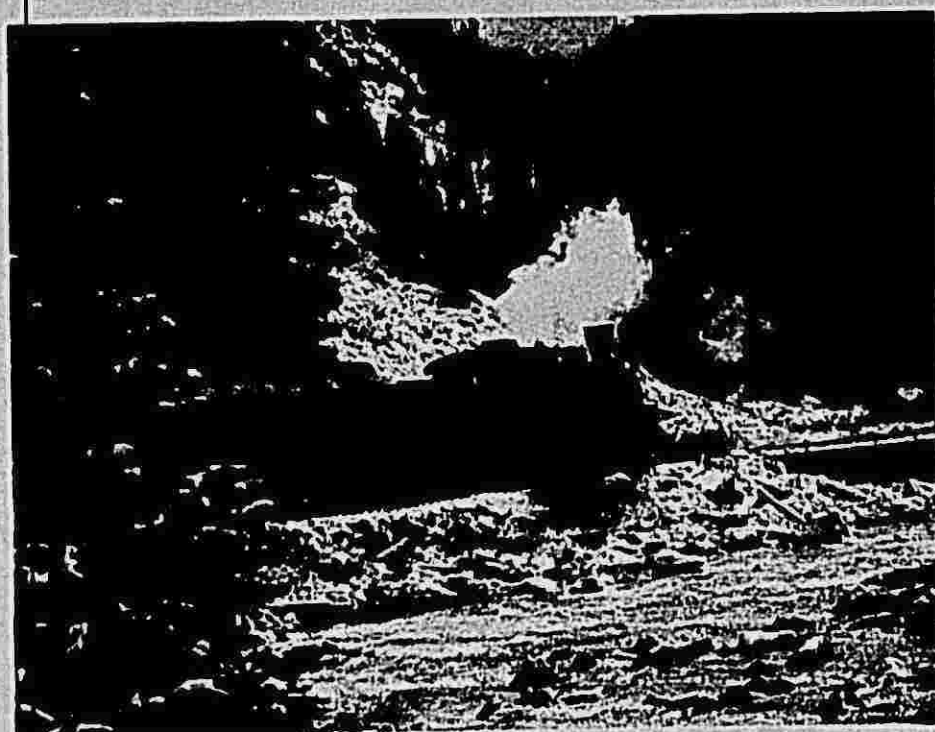


Canoes rest along the shore of Lake Itasca—the headwaters of the Mississippi River—in northwest Minnesota. This photo by Connie L. [unclear] of Willmar, Minn.



THIRD PLACE

Brent Young won third place for his photo of a beaver pond near Schwabacher's Landing in Grand Teton National Park in Wyoming. Young, of Pleasant Grove, Utah, also received an honorable mention for his image of Silver Lake (below) in Utah's Wasatch Mountain range.



A steam locomotive chugs along the Animas River en route to Durango, Colo., in this photograph by William Michael Peterson of Weatherford, Texas.



Etta Kate Hulsey, 7, and her sister Emelia, 4, walk through a cemetery in Covington, Tenn., in this photo by Kasey Warren of Brighton, Tenn.

A horseman and his dog (below) cross a flooded wash in the Monument Valley of northeast Arizona in this photo by Steven Jennings of Washington Court House, Ohio.



(Continued on page 14)

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Hometown Hero

By BEVERLY BURMEIER

Teaching Clover & the Kids

Clover, a guide dog in training, rests on the playground after playing with preschoolers at The Greenwood School in Oak Hill, Texas.

Makena Mailer, 4, loves the greeting he gets each morning at The Greenwood School, in Oak Hill, Texas. Waiting inside the door is Clover—a black Labrador retriever—tail wagging and ready to play.

Just for a second, Clover gets a little too friendly. Makena calmly gives a command, "Sit," and Clover immediately responds. "I like when she listens to me," Makena says with a grin.

Clover isn't an ordinary pet. The fun-loving 2-year-old Lab is in training to become a guide dog for the visually impaired. The children—ages 2 to 5—at the home-based preschool help to enforce the rules of her specialized training.

Supervising the interaction between dog and children is the school's owner, Tracy Schagen, 46, who volunteers as a puppy raiser for San Antonio-based Guide Dogs of Texas Inc. Clover is her second dog; she plans to get another when Clover moves on to advanced training.

A former biology teacher and textbook editor, Schagen left the corporate world to spend more time volunteering and influencing young lives. "Life in a cubicle didn't fulfill me," she says. "I've volunteered since I was 14 years old and knew something was missing." She opened The Greenwood School in 2001.

During the next year, Schagen was hit with "empty-nest syndrome." Her 15-year-old pet Labrador died, and her daughter headed off to college. Soon after, Schagen saw a public

television program about service dogs, and became interested in volunteering as a guide dog trainer.

The road to raising a guide dog puppy and teaching preschoolers wasn't an easy one. While one requirement for a puppy raiser is to introduce the dog to a variety of social settings, the guide dog organization wasn't convinced that a preschool presented the kind of stimulation it had in mind. But after interviewing Schagen and inspecting the school, the organization gave its stamp of approval.

Schagen eagerly accepted the challenge of managing the children's interaction with the puppy, and has proven that even very young children can contribute to the training program. But Clover knows that Schagen is "boss" and follows her commands.

In fact, children often are not aware that Clover looks to "Miss Tracy" for confirmation that she must obey a child's command. "The kids think Clover is minding them, and that's a great self-esteem boost," Schagen says.

In addition, she uses the process to teach children important life skills. For example, they learn that the dog must be submissive to them. "We teach children to hold on to personal space and toys in a way that is respectful of the puppy," Schagen says. "That carries over into how they treat each other."

They also learn how to react if the large dog licks or nips at them, even playfully: The child is taught to stand up and "make himself big," turn his back to the dog, and walk away. "I reassure children that they have control over any situation," Schagen

(Continued on page 16)

Tracy Schagen takes Clover for a training walk on the Texas Capitol grounds in Austin.



Photos by Ed Lallo

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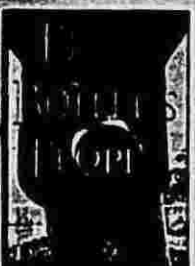
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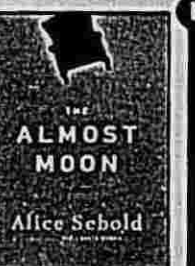
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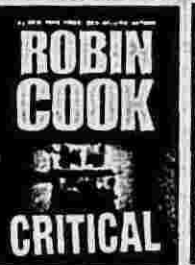
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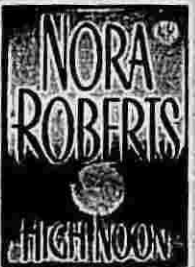
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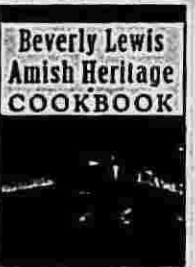
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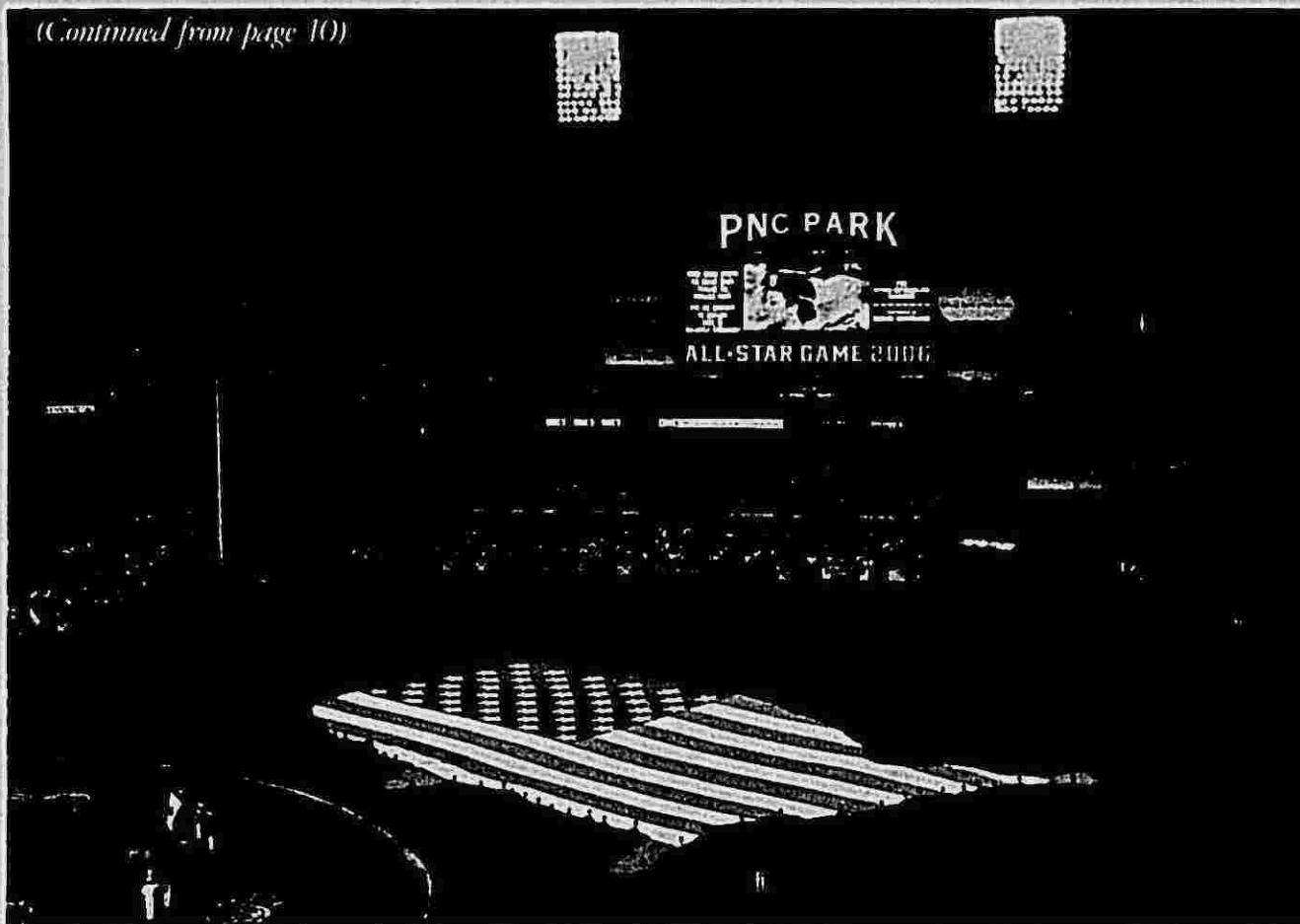
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(Continued from page 10)



Jared Shoaf of West Newton, Pa., took this photograph of an unfurled American flag in the shape of the United States during pregame ceremonies and the singing of "The Star-Spangled Banner" at the 2006 All-Star Game at PNC Park in Pittsburgh, Pa. ☆



Elizabeth Garrity of Harvard, Ill., photographed her daughter, Faith, 6, dancing with an American flag in her hand on a windy July day last year.

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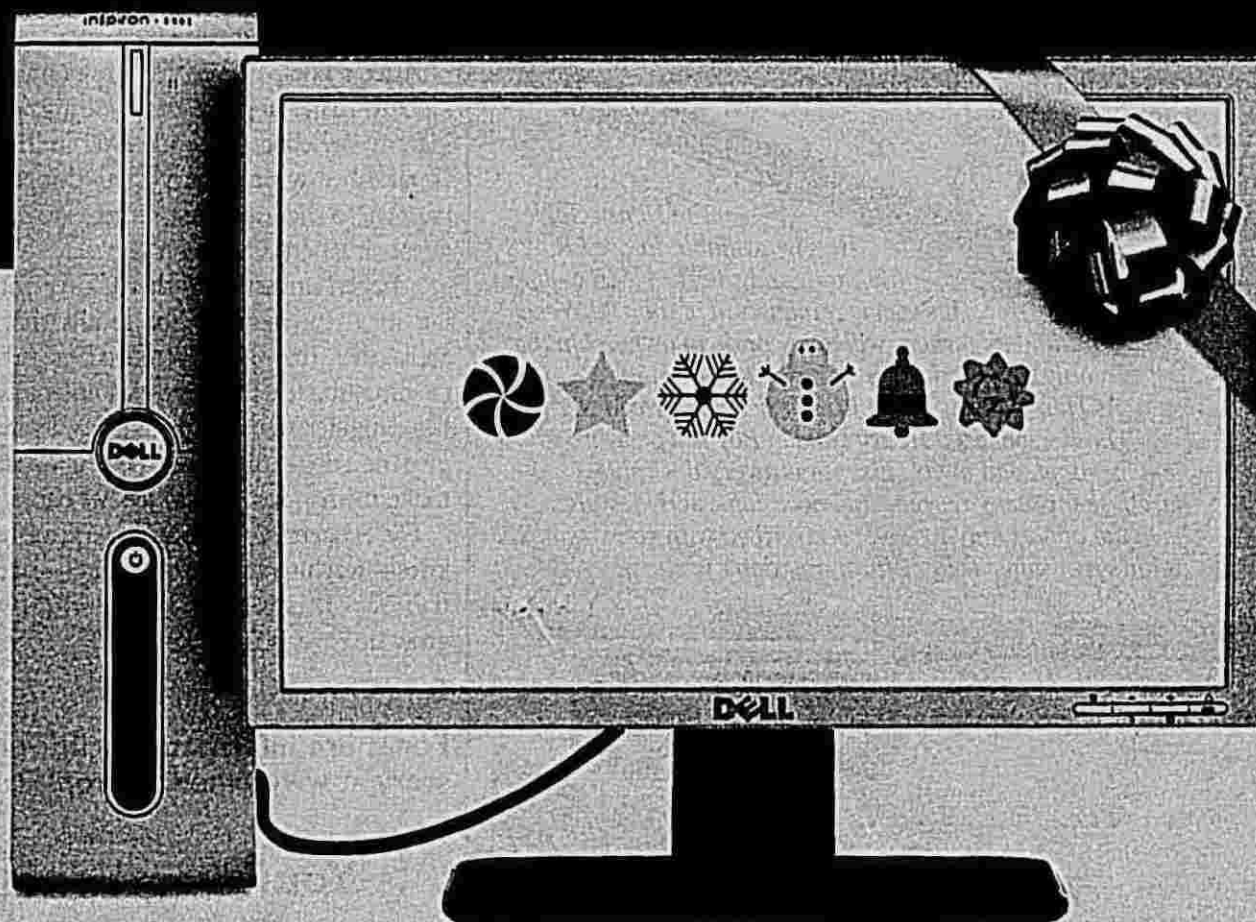
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LIMITED TIME OFFER

PERSONALIZE YOUR OWN HENRY RIFLE

DIRECTLY FROM THE FACTORY

By Paul Tofte
Editor, The Gun Show Journal

The last Pheasants Forever banquet I attended had a shiny new Henry Golden Boy .22 LR that could have been mine if I had been holding the winning raffle ticket.

I wasn't.

I've owned a Stevens .22/410 over/under for about 50 years. My dad started me hunting with that gun, and I can't imagine how many .22's and .410's have gone down the barrel. It's a great gun, but it's only a single-shot so the thrills are limited.

Now that I'm in my second (or third) childhood, the allure of a "repeater" is just too hard to resist. That Golden Boy would have fit my needs exactly.

A couple of years have passed since that PF banquet and I recently had another opportunity to own a Henry Golden Boy. I jumped at it.

I chose the new .17 HMR caliber

This gun is exactly what I've been looking for. Made in America (who can say that anymore?). A repeater that's solid, well-made, smooth-operating, shoots straight and is a pleasure to look at.

The Henry Golden Boy is available in .22 LR, .22 Magnum and the .17 HMR caliber.

This gun is reminiscent of the Old West, and its owners will enjoy pride of ownership that can only be found in an American-made rifle.

As Henry says: "Made in America and Priced Right."

The Personalized Henry Golden Boy is a pleasure to look at, shoot, and own. This gun is a very desirable purchase for many reasons and occasions, and now you have the opportunity to have it inscribed with your own unique message. Take it from me, don't wait.

(which stands for Hornaday Magnum Rimfire) or what I like to call a .22 on steroids. It is actually a .22 Magnum necked down to fit a tiny, .147 caliber, 17-grain bullet.

With lots of powder and a 17-grain bullet this baby screams out of the barrel at 2550 fps.

The caliber is cool but the Henry Golden Boy is cooler. What a great gun! The fit and finish are beautiful, the walnut stock has a nice grain to it and the brilliant brass receiver and butt plate catch your eye immediately.



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(Continued from page 12)

says. "That's an empowering lesson for them to learn early in life."

During outdoor playtime, Clover darts around the backyard, tumbles in the sand box, and chases the resident ducks. Philip Sansone, 5, laughs with delight at her antics.

"I love when Clover runs around and around," Philip says. Later, he affectionately lies on Clover and offers her a bone. When activities move inside, Clover goes willingly into her kennel, a place that the children know is off-limits to them.

After school, Clover visits restaurants, basketball games and movies, wearing a vest to identify herself as a "Guide Dog in Training." "I take her where unexpected things might happen, so she learns not to get excited in different situations," Schagen says.

Schagen understands that Clover will leave her in a few months. She recalls that when Stella, her first puppy, moved to advanced training, she felt the same excitement as when her daughter went off to college. "I saw Stella give me a dog-smile when she left. What could make me happier than to see her happy?"

For Schagen, a successful blend of her two loves—teaching and volunteering—has materialized. "This is what I want to do when I grow up," she laughs. ✨

Beverly Birnmeier is a writer in Austin, Texas.

For more information, click on this story at www.americanprofile.com

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There are two things we all know for sure... you can't be too rich or too thin (well... unless you're the Olsen twins). And if you're like most of us, you're still looking for the perfect diet pill because your last diet (and the one before that) probably failed. The truth is, no single weight-loss program or diet pill works for everybody—that's why, according to the latest government figures, weight loss remains a \$30 billion-a-year business.

Choosing the right diet plan, diet book, or diet pill can be very confusing. Just take a trip to your local Wal-Mart or GNC. There are literally dozens of brightly-labeled bottles lining the shelves. Open up your favorite magazine. You'll see hundreds of before-and-after pictures, doctors in white coats, Hollywood celebrity endorsements, and outrageous promises like, "Lose 20 Pounds Overnight While You Sleep."

Want to know which diet pill is right for you? Here's a list of the most popular pills on the market today. Each is a little different; each addresses a specific weight-loss problem. One of these should help you get thin, stay thin, and put an end to diet failure.

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A buyer's guide to America's best-selling diet pills.

EAT ALL YOU WANT AND STILL LOSE WEIGHT?



Sounds too good to be true... but this European breakthrough has the science to prove it. Called Akavar 20/50, it really is the fastest, easiest weight loss ever because people drop pounds and inches without "dieting" or additional exercise. Akavar actually puts your body into a negative caloric balance as it automatically reduces caloric intake. Although they're not really sure why, researchers think Akavar works through adjustments to the "hunger hormone" ghrelin or through its ability to delay gastric emptying. In plain English, you take this stuff before meals and you just don't want to eat. Available through Dynakor Pharmaceutical, www.Akavar2050.com, or call 1-800-298-0154.

Heard About "Combo Pilling"... Hollywood's Hottest New Weight-Loss Craze?

Ever wonder how Hollywood starlets get so thin... so fast? It could be "Combo Pilling"... the über-trendy, "underground" practice of combining two or more diet pills to create "supercharged" weight loss. Tinsel Town's favorite diet pill combination is Zantrex-3 (the "rapid weight loss," incredible energy" diet pill) and Relacore (the calming, feel good, "belly fat" pill). One pill picks you up, the other pill calms you down... both of them are terrific... but together, oh my goodness!

NOTE: Neither the maker of Zantrex-3 nor the maker of Relacore condone the practice of "Combo Pilling."



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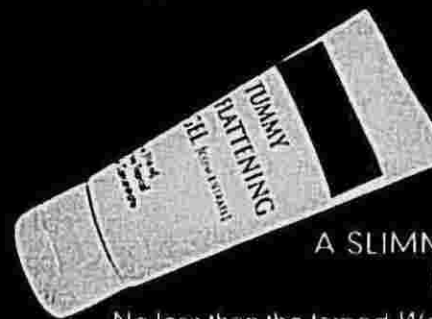
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SIGNIFICANTLY OVERWEIGHT?

You've seen the ad "When is a diet pill worth \$153 a bottle?" When you truly need to lose weight... lots of weight... there's only one Leptoprin. At \$153 a bottle, Leptoprin SD is much too expensive and much too powerful for the casual dieter. Leptoprin is not recommended for anyone who has a BMI less than 27. A.G. Waterhouse, Leptoprin.com, or call 1-800-720-3975.



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Tidbits

Did You Know...

ILLINOIS—Opened in 1874 with eight students, Lake View High School in Chicago is the state's oldest public high school.

INDIANA—Hockey superstar Wayne Gretzky began his professional career at age 17 playing for the Indianapolis Racers in the World Hockey Association in 1978. During his career, he broke and set records for most goals in a season (92), assists (163) and points (215).

IOWA—Webster City (pop. 8,176) was the home of two 1950s Pulitzer Prize winners. MacKinlay Kantor, born in 1904 in Webster City, won a 1956 Pulitzer for his Civil War novel, *Andersonville*. Clark Mollenhoff, reporter for the *Des Moines Register*, won a 1958 Pulitzer for national reporting that exposed racketeering by some labor unions. Mollenhoff was born in 1921 in Burnside, and attended high school and junior college in Webster City.

KANSAS—Haskell Indian Nations University in Lawrence is the only four-year college in the nation devoted exclusively to American Indian education. Stu-

dents represent federally recognized tribes from across the United States. The university got its start in 1884 as a government training school for elementary children.

MICHIGAN—Transglobal Design and Manufacturing in Livonia refurbished eight 1930s yellow touring buses that once again are rolling in Yellowstone Park. The restored buses, once the popular way to see the park, were welcomed back in the spring.

MINNESOTA—On the state's coldest day, the temperature dropped to minus-60 degrees on Feb. 2, 1996, near Tower (pop. 479).

MISSOURI—The state has an official dinosaur, *Hypsibema missouriense*, which was a duck-billed herbivore with more than 1,000 teeth. *Hypsibema* was discovered in 1942 in Bollinger County (pop. 12,029).

NEBRASKA—Indian Cave State Park at Shubert (pop. 252) is famous for its prehistoric drawings of wildlife and nature carved into the cave's soft sandstone walls.

NORTH DAKOTA—Sandy, billed as the world's largest sandhill crane, stands 40 feet tall at Steele (pop. 761) and promotes the region as a birdwatchers' paradise. The iron sculpture was built in 1999.

OHIO—The cornerstone was laid in 1886 for the Ohio State Reformatory in Mansfield (pop. 49,346), a castle-like structure with the world's largest free-standing steel cell block. Now a historic site, the prison has been the setting for several movies, including *The Shaughnessy Redemption* and *Air Force One*.

SOUTH DAKOTA—A restored 1928 grain storage building serves as an art gallery at the Granary Rural Cultural Center in Groton (pop. 1,356). The site includes the 1912 Putney Township Hall where workshops are held.

WISCONSIN—Middleton (pop. 15,770) is the "Best Place to Live" in America in 2007, according to *Money* magazine, which praised its small-town charm, booming economy, and extensive parks and bike trails.

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Hometown Recipes

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Rum-Glazed Carrots

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RECIPE: Rum-Glazed Carrots

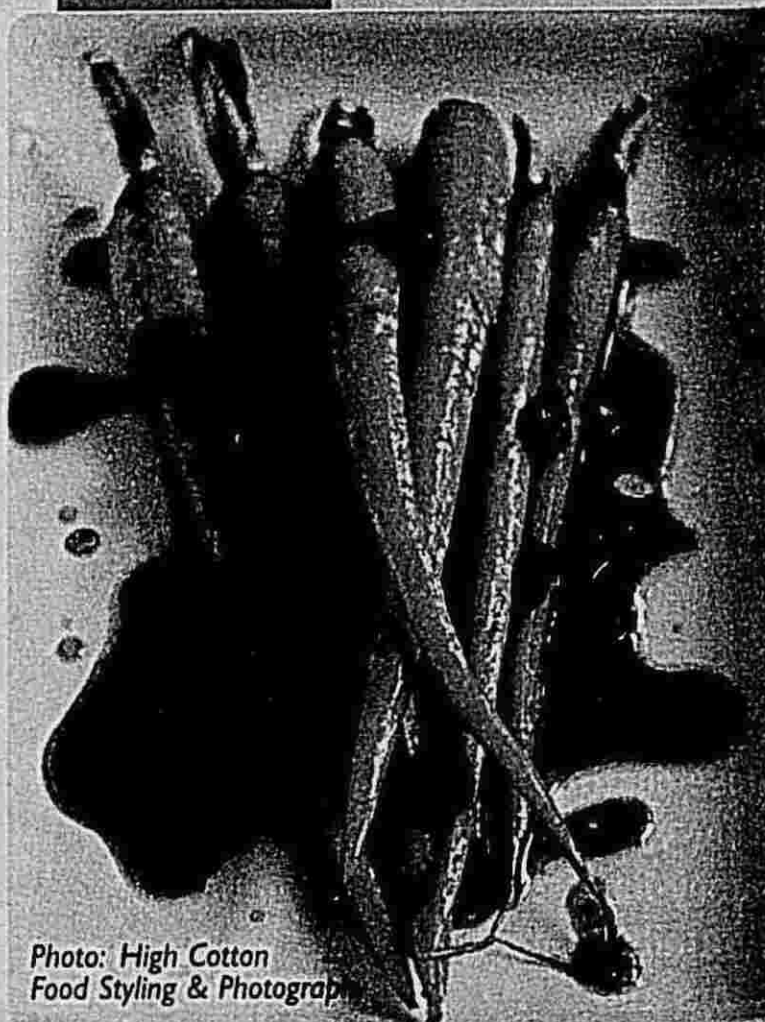


Photo: High Cotton Food Styling & Photography

Rum-Glazed Carrots

- ½ cup butter or margarine
- 3 pounds whole medium carrots, trimmed (about 16 carrots)
- ½ cup packed dark brown sugar
- ½ cup dark rum
- ¼ cup raisins
- ½ teaspoon pepper

1. Melt butter in a large skillet over medium heat. Add carrots and toss to coat. Cook until just tender and beginning to brown, about 30 minutes, turning every 10 minutes.
2. Combine brown sugar, rum, raisins and pepper in a bowl; mix well. Pour evenly over carrots. Reduce heat to low and cook 10 minutes, stirring occasionally. Spoon into a bowl and serve hot. Serves 8.

Tips From Our Test Kitchen: Substitute 1 to 2 teaspoons rum extract and ½ cup apple juice for rum if desired. The carrots should remain whole while cooking for peak flavor, texture and presentation. Use two utensils, such as a fork and spoon, and turn carrots gently.

AmericanProfile



Mary J. Lewis
Eatonton, Ga.



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Food

Easy Thanksgiving Side Dishes

For many, the best part of Thanksgiving dinner is the side dishes. Turkey and dressing are great, but it's the mashed potatoes, sweet potato casserole, hot rolls, cranberry relish, and vegetables that make the meal. For cooks pressed for time, *American Profile* offers these easy suggestions:

Green Beans: Bring a large pot of lightly salted water to a boil. Add 2 pounds trimmed green beans. Return to a boil and cook 3 minutes. Drain. Heat 3 tablespoons oil in a skillet. Add 4 crushed garlic cloves and $\frac{1}{4}$ cup chopped onion or shallots. Add $1\frac{1}{2}$ cups halved cherry tomatoes and 4 teaspoons sugar. Cook 5 minutes. Stir in green beans, 4 teaspoons balsamic vinegar, 1 teaspoon dried basil, 1 teaspoon salt and $\frac{1}{4}$ teaspoon freshly ground black pepper. Heat through. Serves 8.

Cranberry Relish: Place 1 cup water and 1 cup sugar in a saucepan; bring to a boil. Add a 12-ounce bag of fresh cranberries. Return to a boil. Cook, without stirring, 10 minutes. Cool. Add 1 to 2 finely chopped jalapenos, 1 tablespoon chopped cilantro, $\frac{1}{2}$ teaspoon cumin, 2 sliced green onions and 1 tablespoon lime juice. Stir well. Serve chilled or at room temperature. Serves 8.



GIVE 'EM A REASON TO COME IN EARLY. IT'S A GOOD NIGHT FOR STOVE TOP.

Stove Top Easy Chicken Bake

Prep: 10 min
Bake: 30 min

1 pkg. (16 oz.) STOVE TOP Stuffing Mix for Chicken
1 1/2 lb. boneless, skinless chicken breasts, cut into 1-inch pieces
1 can (10 3/4 oz.) condensed cream of chicken soup
1 3/4 cup BREAKSTONE'S or KNUDSEN Sour Cream
1 bag (16 oz.) frozen mixed vegetables, thawed, drained

PREHEAT oven to 400 F. Prepare stuffing mix as directed on package; set aside.

MIX chicken, soup, sour cream and vegetables in a 2 1/2-lb. metal baking dish; top with the stuffing.

BAKE 30 minutes or until chicken is cooked through. Makes 6 servings.



Sweet Potato Casserole: Combine 2 (29-ounce) cans sweet potatoes, $\frac{3}{4}$ cup brown sugar, 1 teaspoon vanilla extract and $\frac{1}{2}$ teaspoon salt. Mix well, mashing the potatoes; transfer to a 13-by-9-inch baking pan. Combine $\frac{1}{4}$ cup brown sugar with 1 cup pecan halves and $1\frac{1}{2}$ tablespoons melted butter. Mix well; sprinkle over potatoes. Bake 25 minutes at 350F. Serves 8. (Note: If desired, stir $\frac{1}{2}$ cup good-quality bourbon into the potato mixture.)



Mashed Potatoes: Add 1 pound of peeled, cubed celery root to a pot of potatoes (4 pounds of Yukon Gold, cubed). Boil until tender. Drain, reserving 1 cup of cooking water. Mash potatoes and celery root with reserved water and 3 tablespoons butter. Stir in $\frac{1}{2}$ cup sour cream and 4 ounces of mascarpone or cream cheese. Season with 1 teaspoon salt and freshly ground black pepper. Serves 8.

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CELEBRATING AMERICA'S

LOVE OF FOOD

NOV 2007

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The Scoop

GIVING FR



EVERYTHING FOR
THANKSGIVING DINNER:

PAGE 6 CRANBERRY
MAPLE SAUCE | PAGE
10 HERB BRINED TUR-
KEY | PAGE 12 BACON
MASHED POTATOES
| PAGE 31 OYSTER
DRESSING



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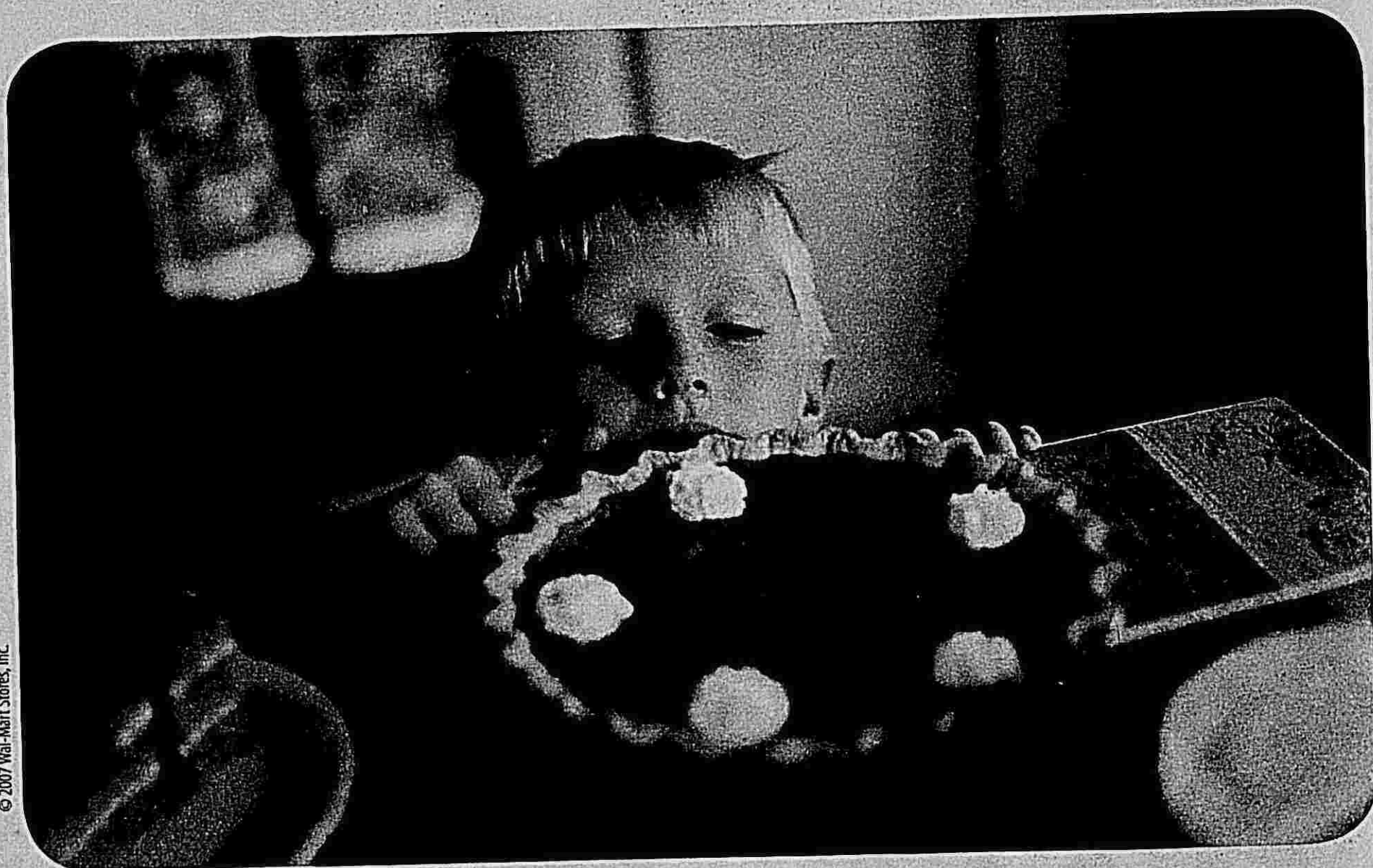
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This and That

NOVEMBER 2007

"How do you 'sweat' an onion?" my sister recently asked me. This is just one of the many questions she and other kitchen neophytes will be asking this month as they head to the kitchen to do something many of them rarely do—cook. That's why this issue is chock-full of fool-proof recipes and ideas. From the easy Herb Brined Turkey (page 10) in our Thanksgiving menu to the Date Nut Tart (page 36), we've simplified wherever we could. Heck, we even have a recipe for mashed potatoes made in the microwave (page 4). You may even find yourself making your own gifts from the kitchen (page 22) this year. If so, no worries—you'll find downloadable recipe cards on our website, making the whole process a breeze. Oh, the answer to my sister's question about sweating an onion—dress it in a really warm sweater. Happy Holidays.

 Jill Melton, Editor

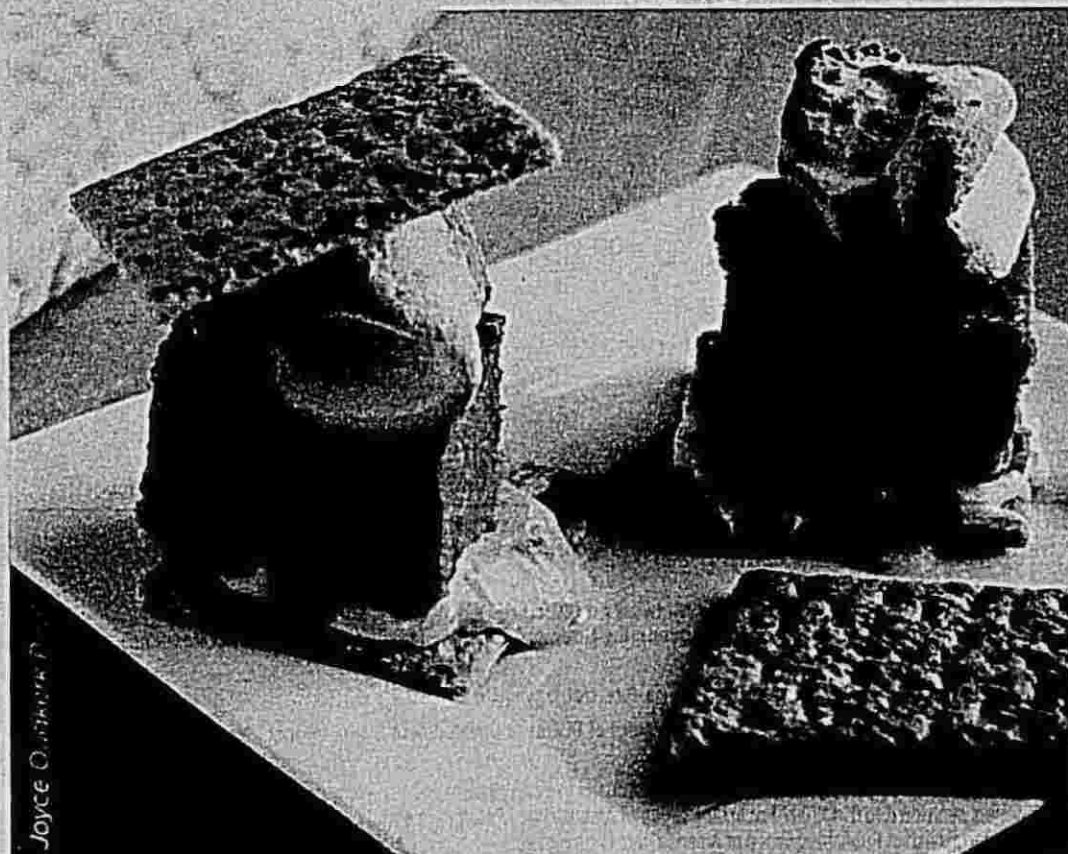
Did you know?

Julia Child didn't start cooking until age 32. For the story of how she got her start, pick up a copy of *My Life in France* (Alfred A. Knopf, 2006), which she wrote with her husband's nephew Alex Prud'homme. Detailing her days at the Cordon Bleu cooking school in Paris and her efforts on *Mastering the Art of French Cooking*, the book reveals Child's spirit and determination—and her sheer love of cooking. A delightful read.



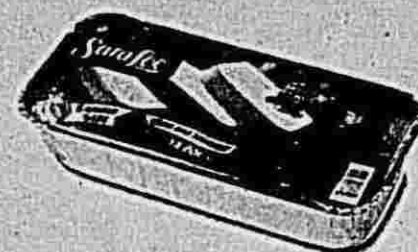
Gifts from the Kitchen

For the recipe cards we photographed with our Gifts from Kitchen story (page 22), go to relishmag.com/mixes. There, you can access the pdf file to download and print at home. Pick up gift tags at your local crafts store such as Michaels.




Leftover Pumpkin Pie?

Fall's here, the perfect time for campfires or your own backyard fire. Here's a new spin on that perennial favorite—s'mores. Layer a small bit of leftover pumpkin pie, white chocolate and a roasted marshmallow on a graham cracker. For the complete recipe and information on Lisa Adams' *S'mores: Gourmet Treats for Every Occasion* (Gibbs Smith Publisher, 2007), go to relishmag.com/s'mores.



FALL BAKE CENTER

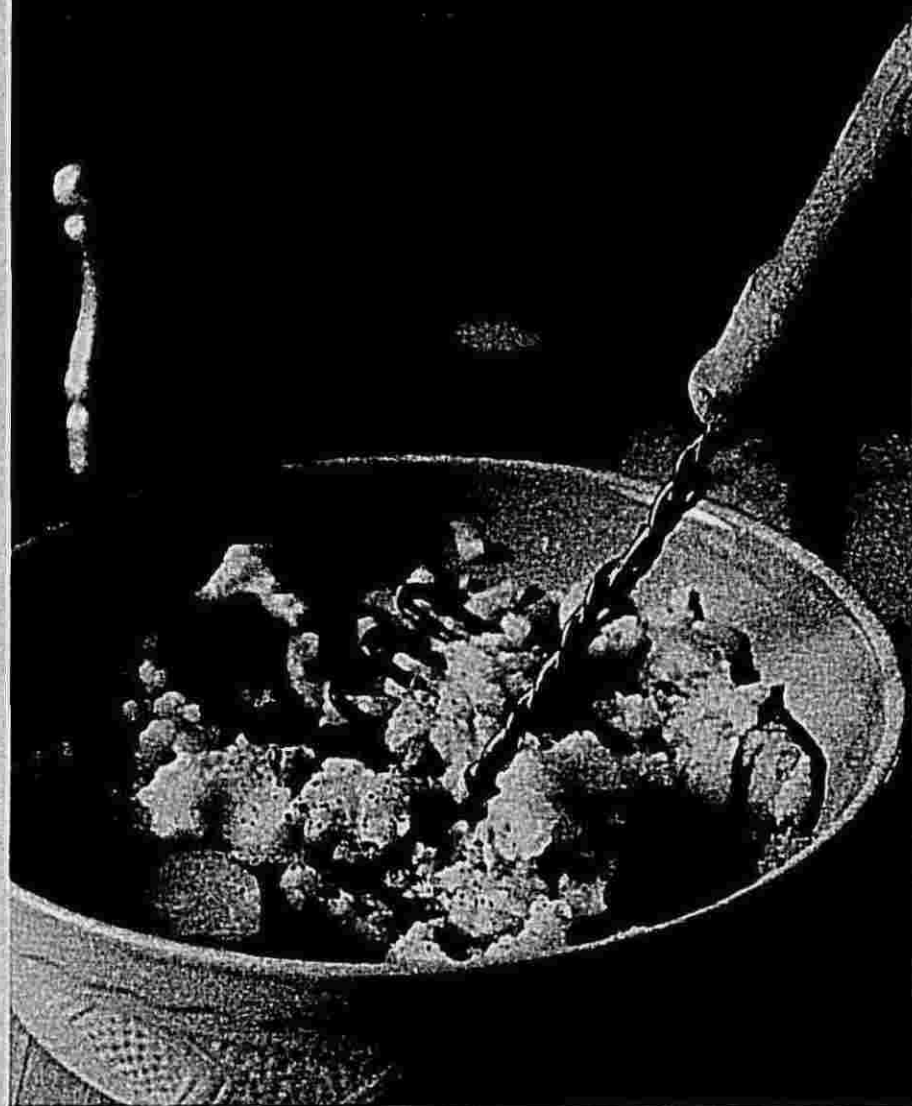
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This and That (Continued from page 3)

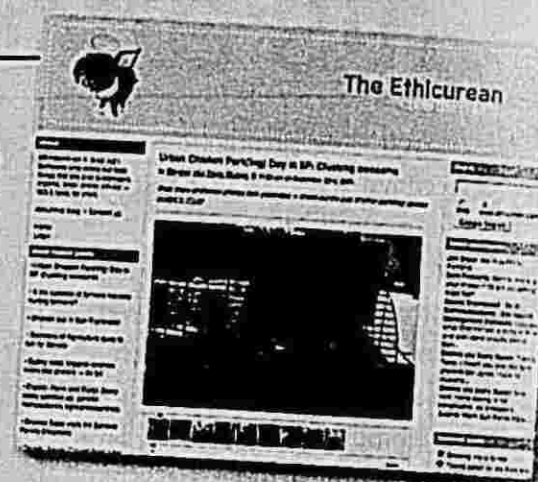
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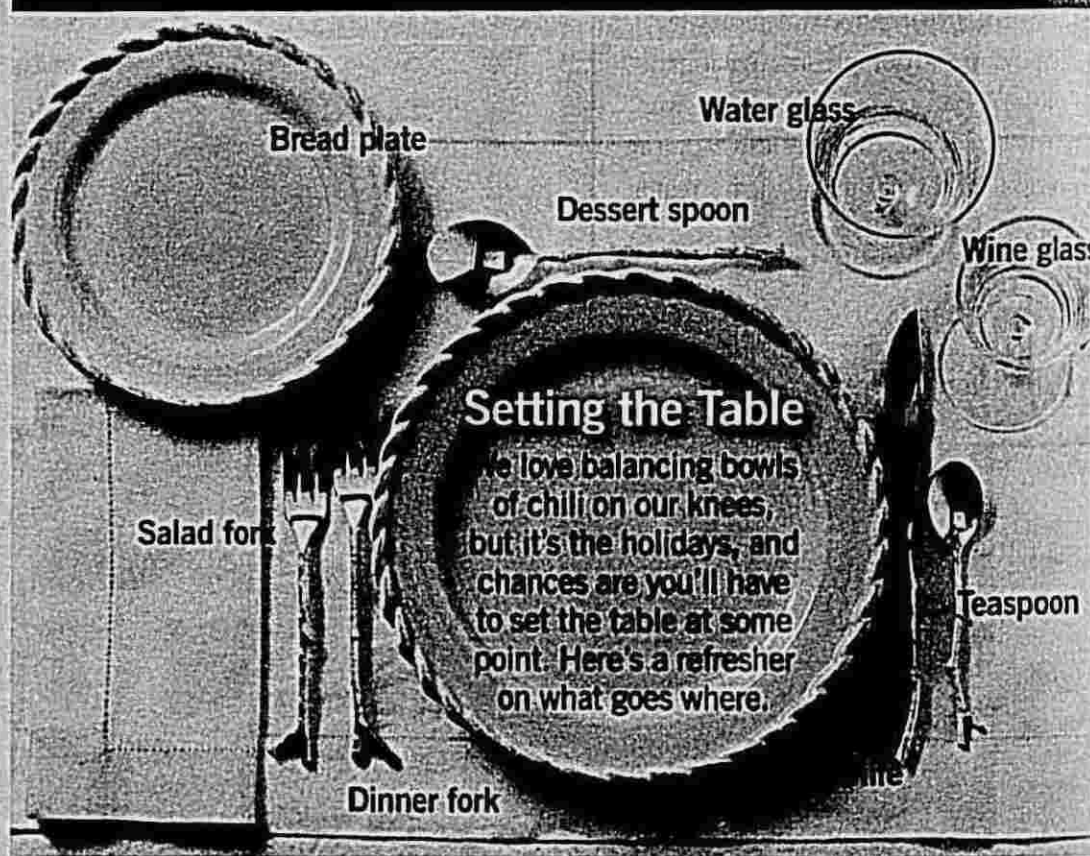
Cover photo by: Mark Boughton Photography Styling: Teresa Blackburn

Best Blog

What's an ethicurean? Someone who seeks out tasty things that are also sustainable, organic, local and/or ethical—SOLE food for short. If this sounds like you, check out *ethicurean.com*. Rife with saucy witticisms and provocative analyses, The Ethicurean is one of a growing number of blogs striving to balance a rich appreciation of good food with a tenacious exploration of its roots. The site's motto, "Chew the Right Thing," reflects the collective's aim to celebrate foodstuffs that not only satisfy sustainable, organic, local and ethical paradigms but also epitomize soulful, delicious eating. Definitely food for thought. —Emily Horton



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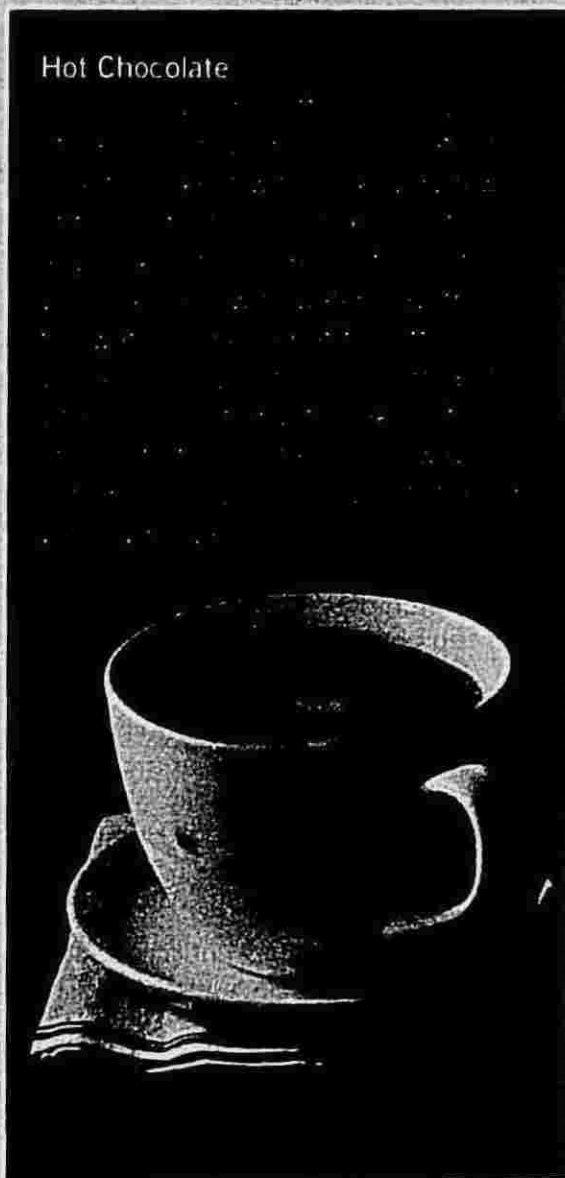
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Turkey and Dressing Tip

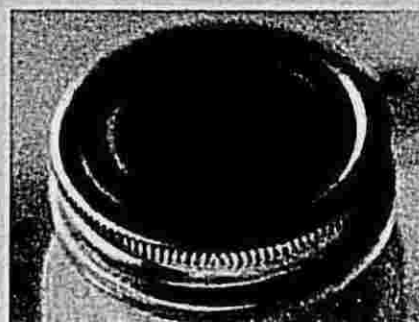
No matter what kind of dressing you're making this Thanksgiving, use a good, hearty bread. Soft, overly processed, bread won't hold up to the rigors of mixing and baking. Also don't be afraid to stuff your bird. Just be sure to do it just before it goes in the oven. The juices from the turkey will flavor and moisten the dressing. Got more turkey questions? Call the Butterball turkey hotline at (800) BUTTERBALL or (800) 288-8372.

Hot Chocolate



relishmag.com 5

Moderate to Severe Rheumatoid Arthritis RA



Can you open this?



Fasten this?



Oh, yes I can!

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ORENCIA is an RA treatment that works differently. It's a prescription medication used to treat adults with moderate to severe RA who have not been helped enough by other medications for RA. It's been shown to:

- Relieve the pain, swelling, and fatigue of RA
- Control the advance of joint damage
- Help improve physical and emotional health-related quality of life

ORENCIA has been proven to make a difference for many patients who haven't been getting enough help from treatments such as methotrexate, Enbrel®, Humira®, and Remicade®. There are several treatment options for RA. Ask your rheumatologist if ORENCIA is right for you.

Find out if you could be saying "Oh, yes I can!"

Get your free information package about ORENCIA: How it's different, and how to receive a personalized symptom assessment.

Call 1-800-729-3914 now. Or go to www.YesIcanORENCIA.com.

ORENCIA is a 30-minute IV infusion given by a healthcare professional. ORENCIA is given every 4 weeks after initial dosing regimen.

 **ORENCIA**[®]
(abatacept)

Important Safety Information about ORENCIA:

Before you receive treatment with ORENCIA, some of the things you should tell your doctor are if you:

- are taking a biologic medicine for RA such as Enbrel®, Remicade®, Humira®, or Kineret®, because taking ORENCIA with biologic medicines for RA may increase your risk of getting a serious infection
- are prone to or have any infection like an open sore or the flu because having an infection could put you at risk for serious side effects from ORENCIA
- have a history of a chronic lung disease called COPD. ORENCIA may worsen symptoms of COPD

- are nursing, pregnant, or planning to become pregnant. Talk with your doctor about whether to continue with ORENCIA
- have diabetes and are using a blood glucose monitor. Some monitors can give falsely high blood glucose readings with ORENCIA on the day of your infusion

Like all medicines that affect your immune system, ORENCIA can cause serious side effects including serious infections and allergic reactions. Also, rare cases of certain cancers have been reported. The role of ORENCIA in the development of cancer is not known. Common side effects include headache, sore throat, nausea, and upper respiratory infections.


If you have any questions about ORENCIA, talk with your doctor.

Please read the Important Facts on the following page.

Partnership for
Prescription Assistance

If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to www.ppanx.org.

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IMPORTANT FACTS

ORENCIA® / Rx only
(abatacept)

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how ORENCIA® may fit into your overall therapy. Talk to your healthcare professional if you have any questions about ORENCIA (pronounced oh-REN-see-ah).

RHEUMATOID ARTHRITIS (RA)

RA is a disease of the immune system which causes joint pain and damage, and impacts the ability to perform daily activities.

ABOUT ORENCIA

ORENCIA (abatacept) is a prescription medicine that is used to treat adults with moderate-to-severe RA who have not been helped enough by other medicines for RA. ORENCIA has been shown to:

- Improve signs and symptoms of RA
- Slow the progression of joint damage
- Help improve physical function

ORENCIA should not be taken with biologic medicines for RA such as Enbrel®, Humira®, Remicade®, or Kineret®.

WHO SHOULD NOT TAKE ORENCIA

You should not receive ORENCIA if you have ever had an allergic reaction to ORENCIA.

BEFORE YOU START ORENCIA

Tell your healthcare professional if you:

- Are taking another biologic medicine for RA. Taking ORENCIA with another biologic medicine may increase your risk of getting a serious infection.
- Take or are planning to take any medicines including prescriptions, hormones, over-the-counter medicines, vitamins and herbal supplements.
- Have an infection that won't go away or are prone to infections as it could put you at risk for serious side effects from ORENCIA.
- Have had tuberculosis or have been in contact with someone who has it. Tell your healthcare professional right away if you develop a dry cough that does not go away, weight loss, fever, or night sweats.
- Have a history of chronic lung disease. ORENCIA can worsen symptoms of chronic obstructive pulmonary disease (COPD).
- If you are scheduled to have surgery.
- Have been recently vaccinated or are scheduled to receive a vaccination.

• Have diabetes and are using a blood glucose monitor. You may get falsely high blood glucose readings with certain types of blood glucose monitors the day you receive an infusion of ORENCIA (abatacept).

• Are pregnant or are planning to become pregnant. It is not known if ORENCIA can harm your unborn baby.

• Are breast-feeding. You will need to decide to either breast-feed or receive treatment with ORENCIA, but not both.

IMPORTANT INFORMATION TO KNOW ABOUT SIDE EFFECTS WITH ORENCIA

Like all medicines that affect your immune system, ORENCIA can cause **serious side effects** including:

• **Serious infections** including pneumonia. The chance of serious infections is higher if you take ORENCIA with other biologic medicines for RA. Call your healthcare professional immediately if you feel sick or get any infection during treatment with ORENCIA.

• **Allergic reactions** including hives, swollen face, eyelids, lips, tongue, throat or trouble breathing.

• **Malignancies.** There have been rare cases of certain kinds of cancer in patients receiving ORENCIA. The role of ORENCIA in the development of cancer is not known.

The more common side effects with ORENCIA are: headache, upper respiratory tract infection, sore throat and nausea.

HOW ORENCIA WILL BE GIVEN TO YOU

ORENCIA will be given to you by a healthcare professional by intravenous (IV) infusion. A needle will be placed in a vein in your arm. The infusion will take about 30 minutes.

QUESTIONS?

Ask your doctor or other healthcare professional. Call 1-800-ORENCIA (toll free) or visit www.ORENCIA.com.

relish | the holiday

Holiday Spirit

One of our favorite Thanksgiving stories came from a friend who spent the holiday stranded at Logan Airport in Boston by a snowstorm. All flights were canceled, and the place was packed with families loaded down with food they were bringing to their holiday dinners. As is the custom for many families, the host cooks the turkey and everyone else is assigned to bring one of the courses. There are no official rules for who brings what, but what generally happens is that the most experienced

(Continued on page 34)



Cranberry Maple Sauce

- 12 ounces fresh cranberries
- ¾ cup pure maple syrup
- 1 cup apple cider or juice
- 1 large apple, peeled and cut in ¼-inch pieces
- ⅓ cup chopped walnuts

1. Combine cranberries, maple syrup and apple cider in a saucepan and bring to a boil. Reduce heat and simmer, stirring occasionally, about 15 minutes or until cranberries burst and sauce is thick and chunky.

2. Remove from heat and stir in apple and walnuts. Chill sauce until cold and thick, or up to three days before serving. Serves 6 to 8.

Recipe by Marge Perry

Per serving: 220 calories, 5g fat, 1g prot., 45g carbs., 3g fiber, 10mg sodium.



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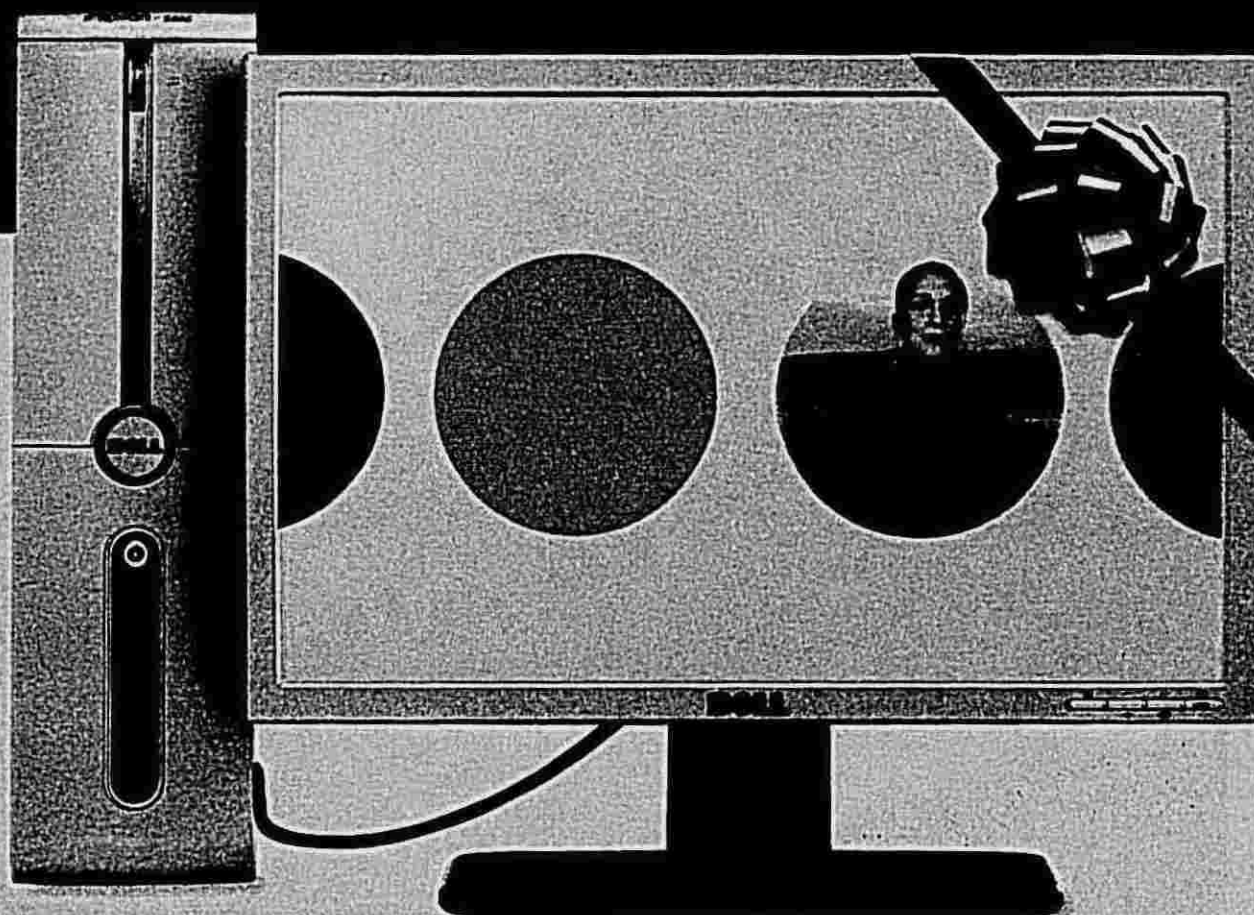
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Dell recommends Windows Vista Home Premium.

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WISH FOR THE HOLIDAYS



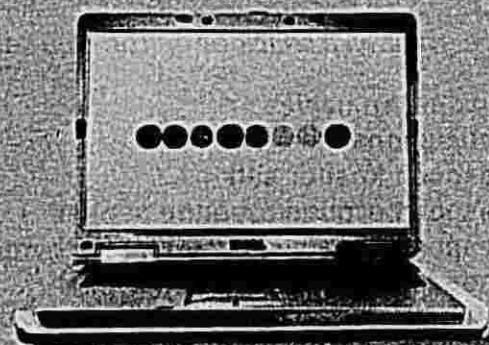
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Southern Comfort

When it comes to Thanksgiving, Karry Hosford pulls out the good stuff—her family silver, china and crystal. But this mother of two and contributing photographer for *Relish* magazine injects comfort into the rest of the big meal. Guests are casually attired, and the children, including the Hosfords' sons Jack and Walker, are never relegated to a "kids' table"—they join right in the celebration.

Karry and her husband, Doug, run a combination cooking school, cookware store, catering company and photography studio in Natchez, Miss., called High Cotton (highcottonnatchez.com). Adding contemporary twists to traditional Southern dishes, they design their Thanksgiving menu to reflect Karry's relaxed style and Doug's Southern roots. Bacon and pecans abound in everything from the salad to the mustard greens to the sweet potato casserole. And more than a little bourbon is enjoyed before the meal.

Family heirlooms share the stage with creative Thanksgiving fare, making for a celebration that's Southern comfort at it's best: good food, good friends and good drink. ♪



Cranberry Maple Sauce (page 6) complements the herbed turkey, earthy greens and sweet potatoes.



Champagne Vinaigrette
Herb Brined Turkey
Cranberry Maple Sauce (page 6)
Sausage and Cornbread Dressing
Sautéed Mustard Greens
Bacon Mashed Potatoes
Kentucky Bourbon Sweet Potato Casserole
Mississippi Cream Cheese Pound Cake

* Found at relishmag.com/southerncomfort

Spiced Pecans

These are great as a snack or on top of a salad.

- 4 cups pecan halves
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons finely chopped fresh thyme
- 1 teaspoon finely chopped fresh rosemary
- ½ teaspoon black pepper
- ¼ cup dark brown sugar
- ¼ cup melted butter

1. Preheat oven to 400F.
2. Combine all ingredients in a mixing bowl and toss well. Place pecans in a single layer on a cookie sheet and roast 8 minutes. Makes 4 cups.

Per (¼-cup) serving: 240 calories, 24g fat, 3g prot., 7g carbs., 3g fiber, 140mg sodium.

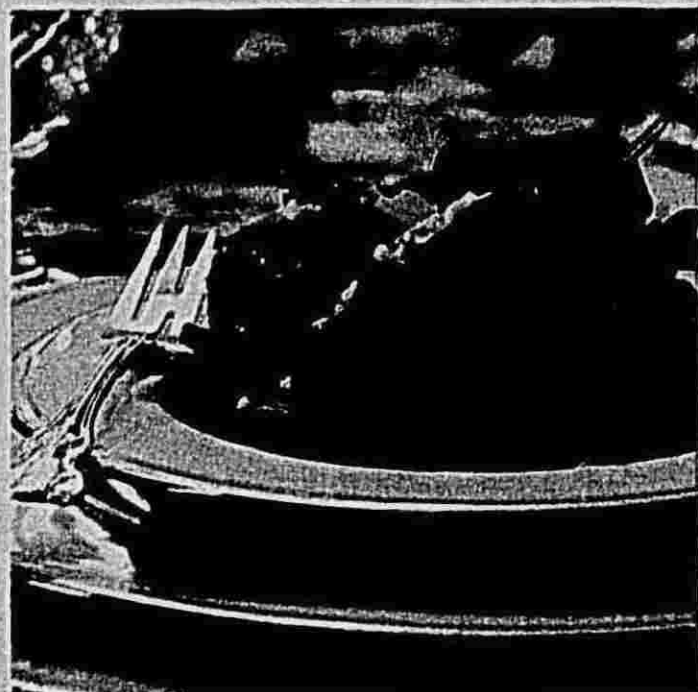
(Continued on page 10)

GIVE 'EM A REASON TO COME IN EARLY.
IT'S A GOOD NIGHT FOR STOVE TOP.

Stove Top Easy
Chicken Bake

Prep: 10 min
Bake: 30 min





Mixed Greens with Blue Cheese and Champagne Vinaigrette

This is one of the most popular vinaigrettes the Hosfords serve. The clam juice seems a bit odd, but it's delicious—trust us.

Champagne Vinaigrette:

- 2 tablespoons champagne vinegar or white wine vinegar
- 1 tablespoon Dijon mustard
- ½ cup bottled clam juice
- 1 garlic clove, crushed
- ⅓ cup canola oil
- ⅓ cup honey
- ½ teaspoon salt

Salad:

- 12 cups mixed baby greens or spring mix
- 1 cup Spiced Pecans (see recipe)
- 1 cup dried cranberries
- ½ cup crumbled bleu cheese
- Freshly ground black pepper

1. To prepare vinaigrette, place champagne vinegar, Dijon mustard, clam juice and garlic in a blender and purée until smooth. Slowly add oil, blending until smooth. Add honey and salt; blend well.

2. To prepare salad, place lettuce in a large salad bowl. Add pecans, cranberries and bleu cheese. Toss well. Drizzle with ½ cup Champagne Vinaigrette. (You'll have vinaigrette left over). Add pepper. Toss. Serves 8.

Per serving: 280 calories, 20g fat, 6g prot., 23g carbs., 3g fiber, 310mg sodium.



Herb Brined Turkey

Brining, or soaking the turkey in a salt-sugar solution, infuses moisture and flavor into the bird. The Hosfords brine their turkey in a large clean cooler. This is enough brine for a large turkey. For a smaller one (8- to 12-pounds), make half the brine.

- 3 gallons hot water
- 3 pounds kosher salt
- 2 pounds sugar
- ¼ cup dried basil
- ¼ cup dried oregano
- 14 pounds ice
- 15 pound turkey, fresh or frozen, thawed
- Vegetable oil

1. Combine hot water and salt in a clean 12- to 15-gallon cooler. Stir until salt dissolves.

2. Add sugar, basil and oregano; stir until sugar dissolves. Add ice and stir.

3. Place turkey in brine and cover with cooler lid. Soak overnight or up to 18 hours.

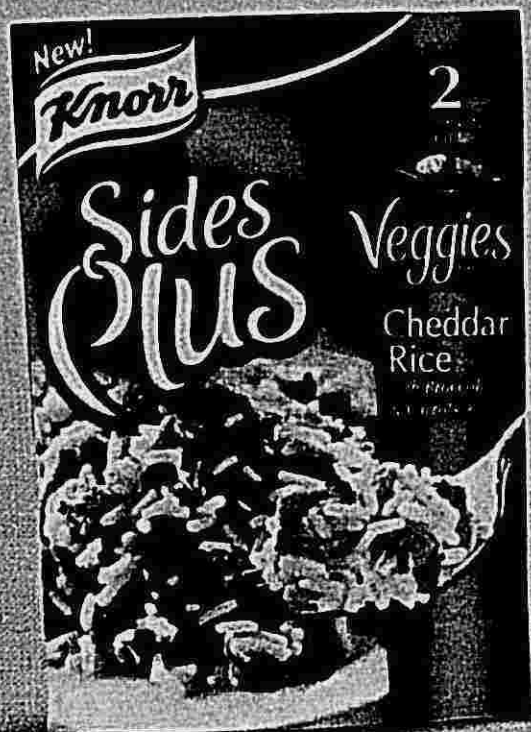
4. Preheat oven to 350F.

5. To prepare the turkey, remove from brine and pat dry. Rub with vegetable oil. Place on a roasting rack and roast until thigh registers 160F on an instant-read thermometer. Remove turkey from oven and let rest 15 minutes before slicing. Serves 15.

Per (6-ounce) serving (white and dark meat): 320 calories, 12g fat, 49g prot. 0g carbs., 0g fiber, 410mg sodium.



(Continued on page 12)



Introducing new Knorr Sides Plus Veggies. Who says two servings of veggies can't taste great?

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Bacon Mashed Potatoes

Perfect for special occasions, these rich potatoes contain creamy Neufchâtel cheese, butter and bacon.

- 3 pounds Yukon Gold potatoes, peeled and chopped
- 8 ounces Neufchâtel cheese, softened
- 4 tablespoons butter, softened
- 1 teaspoon salt
- Freshly ground black pepper
- ½ cup 2% reduced-fat milk, if needed
- 6 slices thick-cut bacon, cooked and crumbled
- 6 green onions, chopped

1. In a large pot, cover potatoes with cold water and bring to a slow boil. Cook about 15 minutes or until tender. Drain.

2. Add Neufchâtel, butter, salt and pepper to potatoes; beat on low speed with a mixer or use a hand masher. Add milk if potatoes are too thick. Top with bacon and green onions. Serves 8.

Per serving: 310 calories, 16g fat, 9g prot., 32g carbs., 2g fiber, 650mg sodium.



Scott Kimbrell Sr. (left) and Doug Hosford (right) enjoy Thanksgiving at the Hosfords' home.

Sautéed Mustard Greens

Hearty turnip greens or kale can be substituted for the mustard greens.

- 1 tablespoon vegetable oil
- 3 garlic cloves, minced
- 2 bunches mustard greens, washed, trimmed and blanched
- ½ teaspoon salt
- Coarsely ground black pepper
- 4 slices thick-cut bacon, cooked and crumbled
- 1 cup reduced-sodium chicken broth

1. Heat oil over low heat in a large skillet. Add garlic and sauté 30 seconds. Add mustard greens, salt and pepper. Sauté 3 minutes.

2. Add bacon and broth; simmer about 15 minutes. Serves 8.

Per serving: 100 calories, 4g fat, 7g prot., 12g carbs., 8g fiber, 400mg sodium.

Mississippi Cream Cheese Pound Cake

This dense pound cake is ridiculously easy—just dump all the ingredients together and beat.

- 1½ cups butter
- 1 (8-ounce) package cream cheese, softened
- 3 cups sugar
- 6 eggs
- 1 egg yolk
- 2 teaspoons vanilla extract
- 3 cups cake flour

1. Preheat oven to 325F. Grease and flour a 12-cup Bundt pan, tube pan or two 9-by-5-inch loaf pans.

2. Combine butter, cream cheese, sugar, eggs and egg yolk, and vanilla in large bowl; beat until smooth.

3. Add cake flour ½ cup at a time. Stir together until smooth.

4. Pour into pan. Bake 70 minutes or until a toothpick inserted in the center comes out clean. Serves 16.

Per serving: 375 calories, 24g fat, 6g prot., 48g carbs., 0g fiber, 188mg sodium.



Kentucky Bourbon Sweet Potato Casserole

- 2 (29-ounce) cans sweet potatoes
- $\frac{1}{3}$ cup good-quality bourbon
- 1 cup packed dark brown sugar, divided
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt
- 1 cup pecan halves
- $1\frac{1}{2}$ tablespoons melted butter

1. Preheat oven to 350F.
2. In a large bowl, mix potatoes, bourbon, $\frac{1}{2}$ cup brown sugar, vanilla and salt. Spoon into a 13-by-9-inch baking pan.
3. Combine remaining brown sugar, pecans and butter; mix well. Sprinkle evenly over potatoes.
4. Bake 25 minutes or until top is browned. Serves 8.

Per serving: 410 calories, 12g fat, 5g prot., 67g carbs., 4g fiber, 290mg sodium.



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Winter Vegetable Lasagna

Winter Vegetable Lasagna

Sauce:

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 (28-ounce) can stewed tomatoes
- 1 (6-ounce) can tomato paste
- ½ cup dry red wine
- 1 tablespoon red wine vinegar
- ¼ teaspoon crushed red pepper
- 1 (6-ounce) bag fresh spinach, chopped

Lasagna:

- 1 (15-ounce) container part-skim ricotta cheese
- 1 egg
- 2 cups shredded provolone cheese, divided
- 1½ cups cooked, mashed butternut squash (1 medium squash)
- 12 no-boil lasagna noodles
- 4 cups torn turnip greens, blanched
- ¾ cup grated Parmesan cheese

1. Preheat oven to 350F.

2. To prepare sauce, heat olive oil in a large skillet. Add onion and garlic; sauté 5 minutes. Add tomatoes, tomato paste, wine, vinegar and crushed pepper. Cook 5 minutes. Stir in spinach.

3. To prepare lasagna, combine ricotta cheese, egg, ½ cup provolone cheese and mashed squash; stir well.

4. Spoon a small amount of tomato sauce into bottom of a 13-by-9-inch baking dish. Layer 4 uncooked noodles, turnip greens, ¾ cup provolone, half the ricotta cheese mixture, and ½ of the remaining sauce. Add 4 more lasagna noodles, top with half the remaining tomato sauce, the remaining ¾ cup provolone, and remaining ricotta cheese mixture. Top with 4 more noodles, remaining tomato sauce and Parmesan cheese.

5. Cover with foil and bake 40 minutes. Uncover and bake 5 to 10 minutes longer or until top is browned. Serves 10.


Note: To cook the butternut squash, slice in half and place cut sides down in a roasting pan. Add water up to 1-inch. Bake 45 minutes, or until tender, at 375F. Scoop out pulp and mash.

Per serving: 370 calories, 16g fat, 20g prot., 37g carbs, 5g fiber, 570mg sodium.

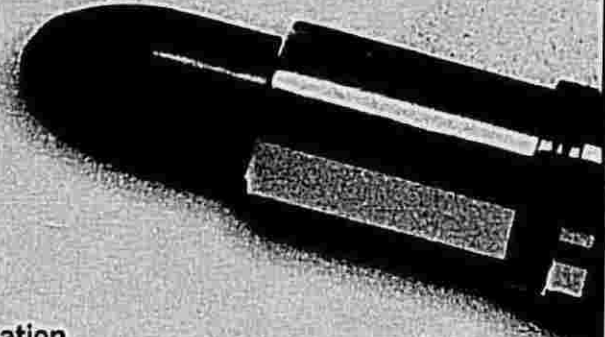
Lasagna is the ultimate any time food—perfect for a party, a potluck or an evening at home. It's also a dish that lends itself to inexhaustible tweaking. Almost anything goes. So we've taken our favorite fall ingredients and tucked them inside this beloved dish. Butternut squash is mashed and stirred into the ricotta cheese, and hearty turnip greens adds an earthy taste layered between creamy cheese.

But maybe the best part yet is the use of no-boil noodles. During our first foray with the no-boil pasta, we were skeptical. Was it possible for hard, flat sheets to be transformed into soft, tender pasta without so much as a drop of water? As it turned out, it was. With a box of regular cooking noodles standing by just in case, we took the plunge and layered crisp, uncooked noodles into the pan with tomato sauce and cheese. The no-boil lasagna noodles work like a charm. Along with sliced bread and canned diced tomatoes, they are a culinary lifesaver. And so is this lasagna over the holidays. —Jean Kressy

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Two Cranberry Ice Cream

Tangy and refreshing, this buttermilk-based ice cream is a perfect ending to a rich holiday meal. The simple base is uncooked, or Philadelphia-style. Swirl in the cranberries after churning. Serve with cookies and garnish with thawed frozen cranberries. This can be made up to two weeks in advance.

- | | |
|---|---------------------------------|
| 1 cup fresh cranberries | 1 1/2 cups heavy cream, chilled |
| 1/2 cup, plus 3 tablespoons, sugar, divided | 2 cups buttermilk, chilled |
| 1/2 cup dried cranberries | Pinch of salt |
| | 2 teaspoons vanilla extract |

1. Place fresh berries and 3 tablespoons sugar in a food processor and pulse until finely chopped, pausing to scrape sides. Stir in dried cranberries. Refrigerate.
2. Combine cream, buttermilk, remaining 1/2 cup sugar, salt and vanilla in a large bowl. Whisk well.
3. Pour mixture into the canister of an ice-cream freezer; freeze according to manufacturer's instructions.
4. When ice cream is done, remove dasher and gently stir in cranberries. Spoon ice cream into a freezer-safe container; cover and freeze at least 2 hours or until firm. Makes 1 quart.

Per (1/2-cup) serving: 210 calories, 16g fat, 3g prot., 14g carbs., 1g fiber, 85mg sodium.

Crimson Pride

**CRANBERRIES
WORK OVERTIME
IN SAUCES,
BREADS AND
DESSERTS.**

What with plane delays, snowstorms and roasting the turkey, the Thanksgiving holidays can be unpredictable. So, it's a good thing there are cranberries. Unlike other seasonal fruit that can be fickle (was it a good year for grapefruits? do the oranges have seeds? are the pomegranates ripe?), cranberries are impressively reliable. There's no need to pick through piles of berries to determine which are the ripest, sweetest or juiciest. Just pluck a few bags from the pile in the produce section and toss them in the freezer or fridge.

Cranberries are also impressively versatile, flavoring not just Thanksgiving's traditional cranberry sauce but also breads, salads, ice creams, and crumbles and adding a bright snap to anything they're used in. Just remember they're one of the tarest fruits there is, usually requiring a hefty dose of sugar.

On the nutrition front, they're high in antioxidants, low in calories and virtually fat free, making them a nutritious boon in just about anything you cook up this holiday.

If you're ready to think outside the box—or more usually, the bag—here are some excellent ways to use the best berry of the season. ♪

Recipes by Crescent Dragonwagon, a food writer living in Saxton's River, Vt.

Cranberry Cocktail Sauce

A nice change from run-of-the-mill cocktail sauce, this fruity stand-in is perfect with shrimp or turkey. Make and store in the fridge for up to three weeks.

- | |
|---|
| 1 1/2 cups fresh cranberries |
| 1/4 cup tomato ketchup |
| 1/4 cup raspberry preserves |
| 1 1/2 teaspoons hot sauce, or to taste |
| 1 (1/4-inch thick) slice of a large onion |
| 1 tablespoon prepared horseradish |
| 2 tablespoons honey |

1. Place all ingredients in a food processor; pulse until smooth, yet chunky. Pause several times to scrape down the sides of the processor. Makes 1 1/2 cups.

Per (3-tablespoon) serving: 60 calories, 0g fat, 0g prot., 14g carbs., 1g fiber, 40mg sodium.

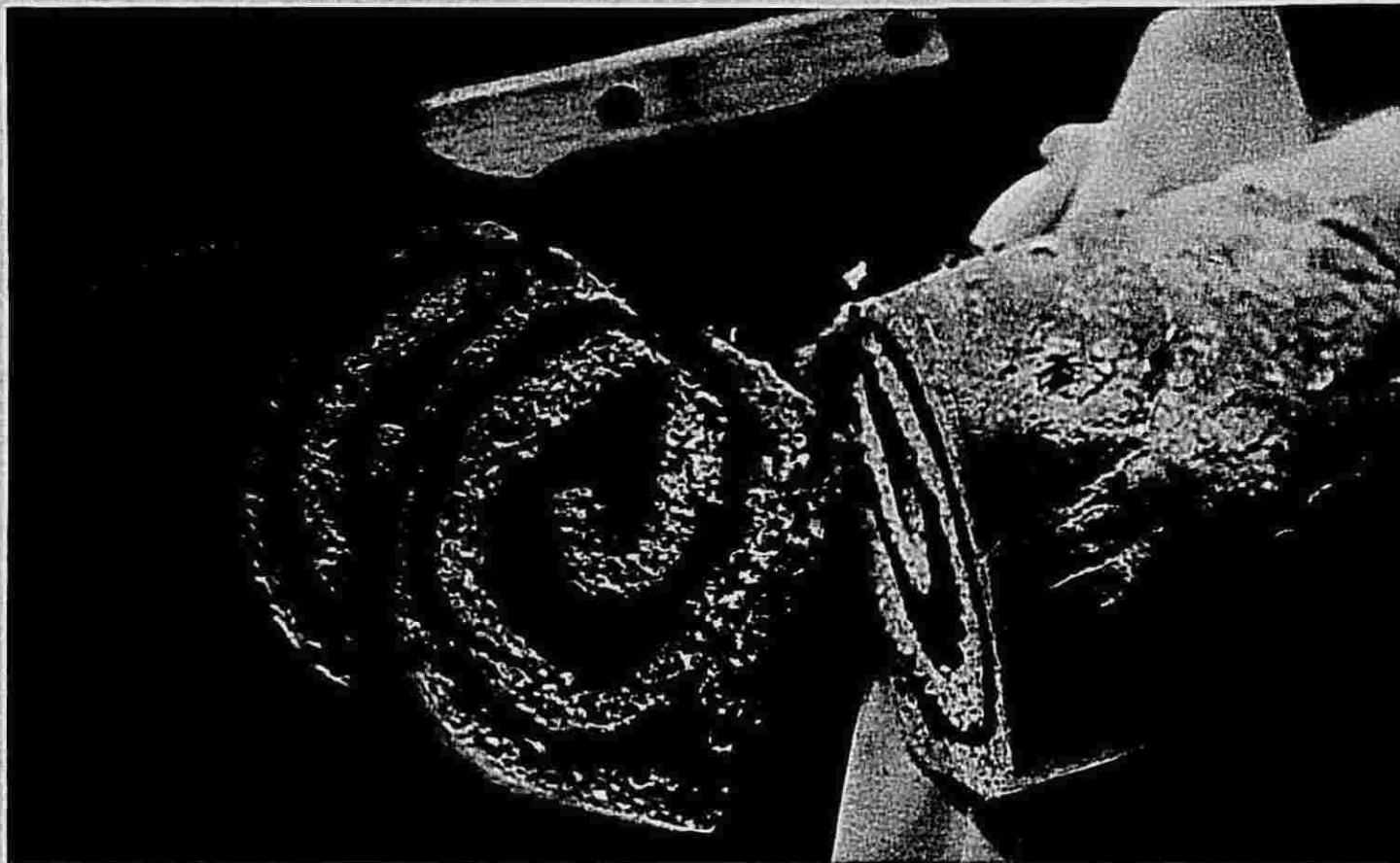


(Continued on page 18)

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Rosy Swirl Bread

This yeast-risen, homey-looking bread is grainy with a delectable jam-like swirl in the middle, featuring fresh cranberries.

Bread:

- 1 cup 2% reduced-fat milk
- ½ cup butter, divided
- 1 cup old-fashioned oats
- 2 (.25-ounce) packages dry yeast
- 1 cup warm water
- 2 eggs
- 2 teaspoons vanilla extract
- 3 tablespoons sugar
- 1 tablespoon salt
- 3 cups whole-wheat flour
- 3 cups all-purpose flour, divided
- 1 tablespoon cinnamon mixed with 3 tablespoons sugar

Cranberry filling:

- 1 ½ cups fresh cranberries
- ½ cup sugar

1. Combine milk and ¼ cup butter in a small saucepan and heat until butter melts. Pour into a large bowl and stir in oats. Let stand about 10 minutes.
2. Sprinkle yeast over warm water, and let stand 10 minutes or until bubbly.
3. Add eggs, vanilla, sugar, salt and yeast mixture to oat mixture. Stir well.
4. Stir in whole-wheat flour and 2 cups all-purpose flour, 1 cup at a time. Turn dough out onto a clean, floured surface; knead in remaining all-purpose flour, ¼-cup at a time, until

smooth and pliable. Knead about 6 minutes. Spray a large bowl with cooking spray and place dough in it. Cover and let rise 1 to 1½ hours, until doubled in bulk.

5. To prepare the filling, combine cranberries and sugar in a small saucepan. Cook, stirring constantly, until sugar melts and cranberries start to pop. Remove from heat and set aside.

6. Coat two 9-by-5-by-3-inch loaf pans with cooking spray. When the dough has risen, punch it down; divide into two equal parts.

7. Melt remaining ¼ cup butter. Roll out one portion of dough into a 12-by-16-inch rectangle on a floured surface. Brush with 2 tablespoons melted butter. Sprinkle on 2 tablespoons cinnamon-sugar, stopping ¾ inch from edges. Spread with half the cranberry filling, stopping ¾ inch from edges.

8. Roll dough up, starting on one of the short sides. Pinch seams together at both ends; tuck ends under slightly. Place loaf, seam side down, into prepared pan. Repeat for second loaf.

9. Cover loaves and let rise until doubled in bulk, 45 to 60 minutes.

10. Preheat oven to 375F. Bake 35 minutes or until bread is browned on bottom and sounds hollow when tapped. Remove from oven, let stand in pans 5 minutes, then remove from pans and cool on racks 30 minutes. Makes 2 loaves (12 slices each).

Per slice: 180 calories, 5g fat, 5g prot., 31g carbs., 3g fiber, 320mg sodium.

(Continued on page 20)

Cranberry Crumble

This cake does double duty as breakfast and as dessert. Have on hand for unexpected holiday guests.

Filling:

- ½ cup dried apricots, chopped
- ½ cup boiling water
- 1 (12-ounce) bag fresh cranberries
- 1 firm, ripe pear, cored and sliced
- 1 Granny Smith apple, cored and sliced
- ¼ cup sugar

Cake:

Cooking spray

- 1 ½ cups all-purpose flour
- 1 cup sugar
- ½ cup cold butter, cut into small pieces
- ½ teaspoon salt
- 1 egg
- ½ teaspoon baking soda
- ¾ cup buttermilk
- ½ teaspoon vanilla extract

Streusel:

- ¾ teaspoon cinnamon
- ⅓ teaspoon ground nutmeg
- 2 tablespoons brown sugar
- 2 tablespoons old-fashioned oats
- 1 tablespoon water
- ½ cup chopped walnuts or pecans

1. Preheat oven to 350F. Spray a 13-by-9-inch baking pan with cooking spray.

2. To prepare filling, combine dried apricots and water in a small bowl; let stand 30 minutes. Combine remaining filling ingredients in a large bowl. Add apricots and soaking liquid; mix well. Spoon into prepared pan.

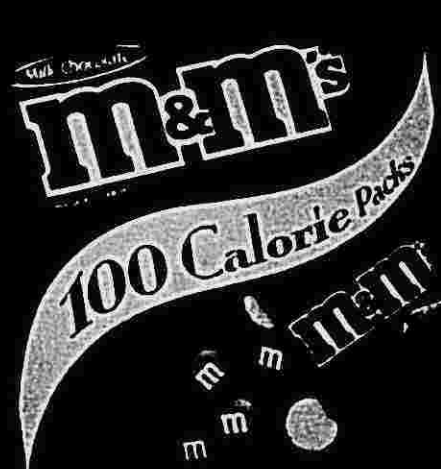
3. To prepare cake, combine flour, sugar, butter and salt in a food processor. Pulse until crumbly. Set aside 1 cup for streusel topping.

4. Add egg to flour mixture in food processor. Dissolve baking soda in buttermilk, stir well, and add to flour mixture. Add vanilla. Pulse to make a cake batter. Pour over cranberry mixture in pan.

5. To prepare streusel, add streusel ingredients to reserved flour mixture. Toss well. Sprinkle over cake batter and bake 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack. Serves 12.

Per serving: 330 calories, 14g fat, 4g prot., 51g carbs., 4g fiber, 200mg sodium.

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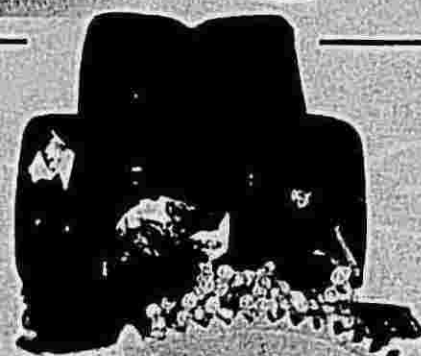
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(Continued from page 18)

Ultimate Grilled Turkey and Cheese Sandwich

We used the Rosy Swirl Bread and leftover turkey in this yummy grilled cheese. The turkey contrasts beautifully with the jammy bread, and the melted cheese holds it all together.

- 2 ounces thinly sliced turkey
- 1 ounce provolone or fontina cheese
- 2 slices Rosy Swirl Bread (see recipe on page 18)

1. Place turkey and cheese on one slice of bread. Top with remaining slice of bread. Grill in panini maker or pan until crispy and browned. Serves 1.

Per serving: 580 calories, 22g fat, 34g prot., 64g carbs., 6g fiber, 910mg sodium.

For more ways to use
cranberries, go to
relishmag.com/cranberries

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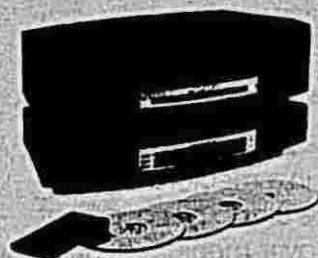
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relish | holiday gifts



For recipe cards to attach to your gifts, log onto relishmag.com/mixes

Hot Chocolate Chai Mix

With ginger, cardamom and pepper, this spiced chocolate mix is reminiscent of chai tea. Use it alone or to make a rich coffee drink, with or without spirits, or an exquisite fondue to serve with crisp plain cookies, fresh fruit or firm pieces of pound cake.

- 32 ounces good-quality white chocolate, such as Callebaut, chilled and coarsely chopped**
- 1 vanilla bean, cut lengthwise and chopped**
- 1 teaspoon ground ginger**
- ½ teaspoon ground nutmeg**
- 1½ teaspoons ground cardamom**
- 1 teaspoon coarsely ground black pepper**
- ¼ teaspoon ground cayenne pepper**

- 1.** Place about 12 ounces chocolate and chopped vanilla bean in food processor. Pulse just until chocolate is granular. Transfer to a large bowl.
- 2.** Place about 10 ounces chocolate and ground ginger in processor. Pulse just until chocolate is granular. Add to chocolate-vanilla bean mixture.
- 3.** Place remaining chocolate, nutmeg, cardamom and peppers in processor. Pulse just until chocolate is granular. Add to chocolate-vanilla bean mixture. Stir well.
- 4.** Spoon into half-pint jars or small zip-lock bags. Makes about 7 ½ cups.

Hot Chocolate Chai: Pour 1 cup scalded milk into a mug. Add 2 to 4 tablespoons mix; whisk well.

White Christmas Lattes: Combine equal parts strong

coffee and Hot Chocolate Chai. **White Chocolate Chai Fondue:** Heat ⅓ cup heavy cream in a small saucepan over medium heat; add 1 cup mix and whisk.

Gifts from Your Kitchen

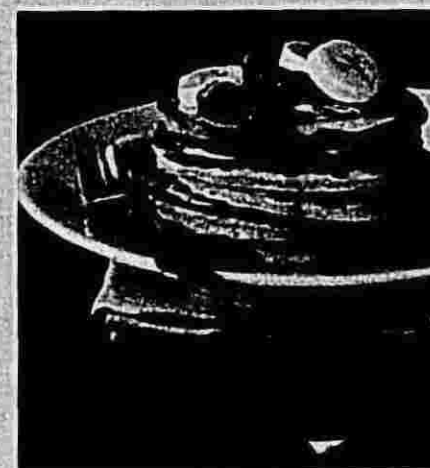
Gift cards are great and all, but few things can compare to homemade goodies from a friend's kitchen. Smartly wrapped with a few cooking tools or accessories, mixes for cocoa, soups and pancakes are tasty, unique and something friends will treasure over the busy holiday season. This year give something that's priceless.

By Crescent Dragonwagon, a food writer in Saxton's River, Vt.

Open Sesame Pancake Mix

This mix makes 16 cups, enough for 8 (1-pint) jars or bags. Look for powdered buttermilk in the baking section of the supermarket. These pancakes are full of grainy flavors with a good wallop of sesame.

- 1 cup sesame seeds**
- 1 cup old-fashioned oats**
- 3 cups whole-wheat flour**
- 2¼ cups all-purpose flour**
- 1½ cups buckwheat flour**
- 2¾ cup stone-ground yellow or white cornmeal**
- 1 cup sugar**
- 1 (12-ounce) container buttermilk powder**
- 5 tablespoons baking powder**
- 2 tablespoons baking soda**
- 2 tablespoons salt**



- 1.** Toast sesame seeds in a large cast-iron skillet over medium-high heat. Stir constantly, until fragrant and light brown, about 4 minutes. Immediately remove from the stove. Pour into a bowl to cool.
- 2.** Place oats into a food processor and pulse until powdery. Add sesame seeds and pulse to grind. (Mixture will be mostly powdery with a few whole seeds here and there. Don't over-grind, or you'll end up releasing too much oil).
- 3.** Transfer oatmeal mixture to a large bowl. Add flours, cornmeal, sugar and buttermilk powder. Stir well.
- 4.** Sift baking powder, baking soda and salt over flour mixture. Stir well.
- 5.** Transfer into 1-pint jars or zip-top bags. To prevent rancidity, both from the whole-grain flours and sesame seeds, store in the freezer. Makes about 16 cups; when reconstituted, each cup serves 2 to 4.

Open Sesame Pancakes: Beat 2 eggs with 1 cup water in a medium bowl. Whisk in 2 cups pancake mix and 4 teaspoons vegetable oil; do not overbeat. Heat a heavy nonstick or well-seasoned cast-iron skillet over medium heat. Ladle in batter. Cook 2 to 3 minutes, flip and cook 1 to 2 minutes. Makes 4 (4-inch) pancakes. Serves 2.

Toasty Open Sesame Waffles: Whisk together 2 egg yolks (reserve whites) and 1 cup water. Whisk in 2 cups pancake mix and 3 tablespoons vegetable oil just until well combined. Preheat a waffle iron. Beat egg whites until stiff; gently fold into batter. Pour batter onto waffle iron, following manufacturer's directions, and cook until done, about 4 to 6 minutes. Makes 4 (6-inch) waffles. Serves 2.

(Continued on page 24)

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Wild Mushroom, Bean & Barley Soup Mix
This mix makes 6 (1-pint) jars or 12 (1-cup) jars. Layered as described here, the mix is so pretty your friends may put off making it.

- 1 tablespoon coarsely ground black pepper
- 1½ cups dried red lentils
- 6 whole bay leaves
- 3 cups pearly barley
- 1½ cups dried porcini and shiitake mushrooms, cut into ½-inch pieces
- 1½ cups dried yellow split peas
- ¾ cup mixed dried vegetables for soup (such as Just Corn, Just Peas and Just Tomatoes)
- 2 tablespoons dried dill weed

1. Place ½ teaspoon black pepper in the bottom of 6 (1-pint) jars. (If making in 8-ounce jars, half all ingredients.) Pour ¼ cup red lentils into each jar.
2. Place one bay leaf in each jar, vertically against the inside of the glass, anchoring the tip in the lentils. Pour ½ cup barley into each jar, holding bay leaf against jar until the barley keeps it in place.
3. Place ¼ cup mushrooms in each jar. Press down to eliminate air pockets.

4. Pour ¼ cup split yellow peas in each jar, followed by a heaping 2 tablespoons of vegetables in each jar.

5. Top each jar with 1 teaspoon dill weed, and place lids tightly on jars. Makes 6 (1-pint) or 12 (1-cup) jars.

Wild Mushroom, Bean & Barley Soup: For this soup, you'll need 4 cups of packaged mushroom broth. Combine 1 pint soup mix, 4 cups water and 2 cups mushroom broth in a saucepan over medium-high heat. Bring to a boil. Stir well, cover, reduce heat and simmer 45 minutes. Stir in remaining 2 cups mushroom broth and 1 teaspoon salt. Bring back to a boil, reduce heat and simmer 40 to 50 minutes, until barley and peas are tender. Makes 10 cups.



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Hot Dates

for a Cool Thanksgiving



Temperatures in southeastern California's Bard Valley hover around 120F on a summer afternoon. Hard on people, but great for dates.

Among the growers in the area, Jim Freimuth and Chris Neilson own the 175-acre Oasis Dates Gardens, one of the country's top producers of organic dates.

But to get to the harvest requires constant attention to the date palms. In January, the thorns that grow along the base of each leaf frond are removed. Then pollen is collected from the male palm and transferred to the female plants by hand. When fruits form, they are thinned by hand. As the date bunches grow they need more protection—rings are placed in each bunch to spread the dates apart and provide more air circulation, and each bunch is covered by a pillowcase-like bag to protect it from insects and birds. Harvesting the dates requires three passes through the grove, as not all dates ripen at the same time.

Freimuth and Neilson harvested more than 2 million pounds of dates last year. They sell wholesale across the nation and have an active mail-order business as well. And such dates! Organic, sweet and irresistible, terrific dipped in honey, spread with soft goat cheese or rolled in cocoa nibs. For a real treat, try their exotic Barhis, which taste like caramels when eaten straight out of the freezer. Or make our easy Date Nut Tart (page 36)—a perfect ending to Thanksgiving dinner. ♪

By Bruce Weinstein and Mark Scarbrough, food writers in Colebrook, Conn.

Date Nut Brown Bread

Here's a take on Boston Brown Bread: baked, not steamed, but with molasses and cornmeal like the original. The dates offer plenty of richness without any added fat—in other words, pure heaven. To make in cans, double the recipe and bake in 3 (4 1/2-cup-capacity) cans for about 1 hour.

- 2 cups finely chopped pitted dates (about 10 ounces)
- 1 cup 2% reduced-fat milk
- 6 tablespoons unsalted butter
- 1/4 cup unsulfured molasses
- 1 1/2 cups all-purpose flour
- 3/4 cup yellow cornmeal
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 egg, at room temperature
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1 cup toasted pecan halves, chopped

simmer. Remove from heat, transfer to a large bowl, and cool to room temperature.

2. Preheat oven to 325F. Butter and flour a 9-by-5-inch loaf pan.

3. Stir together flour, cornmeal, baking powder, baking soda, salt and cinnamon in a medium bowl; set aside.

4. Whisk the egg, sugar, and vanilla until blended well. Add to date mixture; stir well. Add pecans and flour mixture to date mixture; stir until well-blended. Spoon into prepared loaf pan.

5. Bake 1 hour and 10 minutes or until toothpick inserted into the center of loaf comes out clean. Cool on a wire rack 15 minutes. Serves 12.

Per serving: 330 calories, 15g fat, 5g prot., 54g carbs., 4g fiber, 210mg sodium.

1. Mix dates, milk, butter and molasses in a medium saucepan over medium heat; stir until butter melts and mixture begins to



Date Nut Brown Bread is just as good for breakfast (with cream cheese) as it is for dinner or a snack.

Make some holiday magic.



make in minutes

Prep: 10 min. Bake: 30 min. Makes: 12 servings

Green Bean Casserole

2 cans (10 3/4 oz. each) Campbell's®
Cream of Mushroom Soup (Regular,
98% Fat Free or 25% Less Sodium)
1 cup milk

2 tsp. soy sauce
1/4 tsp. ground black pepper
8 cups cooked cut green beans
1 can (6 oz.) French's® French Fried Onions (2 2/3 cups)

1. Stir soup, milk, soy sauce, black pepper, beans and 1 1/3 cups onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.



Go Nuts! Toast 1/2 cup sliced almonds.
Add with remaining onions.



Bring on the Bacon: Cook 4 slices bacon until
crisp and crumble. Add to green bean mixture.



Campbell'sKitchen.com



Yum! Yum! Good! *Casserole*
POSSiBiLiTies





Wini Moranville guides you to the best bottles for the money.

The holidays are on the horizon. Stock up now, and you can be ready with just-the-right bottle for any occasion. Here are inexpensive, go-to reds and whites for hosting a houseful—plus a few plush stocking-stuffers for those on your list who've been very, very nice.

Your Holiday Red

You can always count on Merlot to please a crowd, yet finding a good, inexpensive Merlot that stands out from the crowd can be a challenge. These European Merlots have all the rich, ripe, fruit and velvety lushness that make this varietal so popular, but they also have that certain something that give all things European (scarves, shoes, men...) that extra charm.

- Christian Moueix Merlot, Bordeaux, France (\$11)
- Bollini Merlot, Trentino, Italy (\$11)
- Ecco Domani Merlot Delle Venezie, Italy (\$12)



Your Holiday White

I'm sticking with Europe for the holiday white, but heading south to Spain, which continues to send amazing values our way. And it's no wonder that a country that specializes in tapas—the little-bites-of-this-and-that—would make some wonderfully fresh and vibrant whites that will work particularly well for nibbles and sips.

- Montecillo Blanco, Rioja, Spain (\$9)
- Osborne Solaz Blanco, Tierra de Castilla, Spain (\$9)
- Blanco Nieva Verdejo, Rueda, Spain (\$15)



Lavish Stocking Stuffers

Port, dessert wine and half-bottles of Champagne—often available in cute 375ml bottles that truly do tuck into a stocking—prove once again that good things do come in small packages. Choose port or a dessert wine for those with a sweet tooth, Champagne for those who love tiny bubbles.

- Port: Graham's Six Grape Port, Douro Valley, Portugal (\$13, 375 ml)
- Dessert: Château Haut-Bergeron Sauternes 2004 (\$24, 375 ml)
- Champagne: Taittinger, Brut La Française, Champagne, France (\$19, 375 ml)

(Ask the Wine Geek)

Wine expert Charles Smothermon answers your questions.

Q. My favorite wine says "old vines" on the label. Do old vines always make better wine?

A. While grapes from old vines are not a guarantee of great wine, they can make a difference. As grapevines age, they tend to become less energetic. This means that while they produce far less fruit, the grapes become more intense and flavorful. For this reason, top estates routinely rely on vines that may be anywhere from 20 to 100 years old. And many wineries refuse to use grapes from young vines at all—these grapes are simply no match for the powerful, concentrated berries produced by the grizzled elder statesmen of the vineyard.

Marketplace

books for cooks

Here's what we're buying for the cooks on our list this holiday season:

For the Pasta Lover

50 Great Pasta Sauces by Pamela Sheldon Johns (Kansas City, Mo.: Andrews McMeel Publishing, 2006). Familiar classics and innovative dishes coexist in this handy book perfect for weeknight cooking. Paperback, \$14.95.

For the Vegetable Lover

Vegetables: Recipes and Techniques from the World's Premier Culinary College by The Culinary Institute of America (New York: Lehar-Friedman Books, 2007). Need a recipe for Swiss Chard or root vegetables? This gorgeous book from the nation's premier cooking school has simple recipes for everything from Belgian endive to green beans. Hardcover, \$40.

For the Traveler

Eat This! 1,001 Things to Eat Before You Diet by Ian Jackman (New York: HarperCollins, 2007). If you travel to eat, this book's for you. It guides you to regional dishes, such as goetta, toasted ravioli and Copper River salmon. Paperback, \$14.95.

For Concerned Parents

Lunch Lessons: Changing the Way We Feed Our Children by Ann Cooper and Lisa M. Holmes (New York: HarperCollins, 2006). If you're concerned about what your kids are eating at school and at home, this book's for you. It includes strategies you can use to instill change at your school, as well as dozens of kid-friendly recipes. Paperback, \$14.95.

For the Francophile

The Country Cooking of France by Anne Willan (San Francisco: Chronicle Books, 2007). Stunning photography and traditional French dishes—for cooks who want to master French classics. Hardcover, \$50.

For 30-Somethings

The Ultimate Cook Book by Bruce Weinstein and Mark Scarbrough (New York: William Morrow, 2007). From Sticky Buns to Greek Chicken Casserole, this book contains new spins as well as classics. Hardcover, \$34.95.

For the Time-Pressed Vegetarian

Quick-Fix Vegetarian by Robin Robertson (Kansas City, Mo.: Andrews McMeel Publishing, 2007). Inventive dishes that take 30 minutes or less to prepare. Paperback, \$16.95.

For the Nutrition Conscious

What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating by Marion Nestle (New York: North Point Press, 2006). A no-nonsense guide to the politics of food and food labeling. Paperback, \$16.



To order any of the books above, go to relishmag.com/store, or please have your credit card ready and call (800) 851-5284. Please use code MKBK-R711. A delivery charge of \$5 will be added to each order.

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Their World is an Oyster

Every morning, the Apalachicola Bay calls Johnny Richards to work. He drives down to the water's edge, dips his wooden skiff in the bay, and spends the entire day tonging for oysters. His wife, Janice, stays on land. Her day is spent standing at a stall in a processing house, shucking the sacks of oysters that Johnny brought in the day before. Theirs is the story of generations of people who have made their living from the Apalachicola Bay.

The Apalachicola Bay is a large estuary situated in Florida's panhandle about 80 miles southwest of Tallahassee. Fresh water from the Apalachicola River flows into the bay from the north. To the south, barrier islands hold back the waters of the Gulf of Mexico. In the space between the islands, though, salt water creeps in, creating a brackish mix—the perfect breeding ground for oysters.

People have sought out Apalachicola Bay oysters for generations. Native Americans settled the area hundreds of years ago and relied heavily upon the bounty of the bay. Eventually, fishermen heard about the bay's riches and flocked to the area to reap their share. They built small boats out of wood and fastened 30-foot-long tongs to reach into the water and scour the bay's bottom for bivalves. The early 20th century brought dozens of processing plants to the area, and a booming industry was born. Barrels of oysters were loaded and sent out to be served in New York.

Oystermen harvested until their boats could hold no more, and shuckers worked daylight to dark, processing the catch.

Today, Johnny and Janice Richards make their living the same way people did generations before them. Married in 1959, they've been working the bay together for almost 50 years. For them, the bay offers independence. But it also can be unpredictable. Devastating hurricanes, changing regulations and bay closings due to red tide (a profuse bloom of algae) interrupt their longstanding relationship with the Apalachicola Bay.

Something else threatens their way of life. Exorbitant real estate values are pushing many local islanders out, and some processing houses can't afford to keep their doors open. Life along Florida's Forgotten Coast is changing.

But oysters still grow in that brackish water, and restaurants across the country still sell those little gems from the bay. Everyone is still hungry for those little gems from the bay.



Johnny Richards is shown shucking oysters in the photo above.

Story by Amy Evans, a historian at the Southern Folklife Museum in University, Miss.

To view Working the Water documentary film on a Bay is the life of Johnny and Janice Richards, visit relishmag.com/oysters



Oyster Stew

- 3 tablespoons butter
- 1 cup finely chopped celery
- 3 tablespoons finely chopped shallots
- 2 cups whole milk
- 2 cups half-and-half
- 2 (8-ounce) containers freshly shucked oysters, undrained
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon coarsely ground black pepper
- ¼ teaspoon cayenne pepper

1. Melt butter in a Dutch oven over medium heat. Add celery and shallots; cook until shallots are tender.

2. Add milk and half-and-half; stir well. When mixture is almost boiling, add oysters and their liquid. Add Worcestershire sauce, salt, pepper and cayenne pepper. Stir constantly until oysters curl at their edges. When oysters curl, the stew is done; turn off the heat and serve with oyster crackers. Serves 6.

Per serving: 250 calories, 19g fat, 9g prot., 13g carbs., 0g fiber, 420mg sodium.

Oyster Dressing

This Southern and Low Country specialty uses croutons instead of cornbread. Buy fresh oysters vacuum packed in tubs with their juice, available at most seafood counters.

Cooking spray

- 4 (5½-ounce) boxes fat-free Classic Caesar flavored croutons
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 1 tablespoon chopped fresh dill
- 2 tablespoons butter, melted
- ¼ cup chopped flat-leaf parsley
- 2 eggs, lightly beaten
- 1 (10-ounce) package frozen spinach, thawed and drained
- 3 cups reduced-sodium chicken broth
- 1 (8-ounce) container freshly shucked oysters, chopped, with juice reserved
- 1 to 2 large bay leaves
- 1 teaspoon fresh lemon juice
- Coarsely ground black pepper

1. Preheat oven to 375F. Coat a 13-by-9-inch baking dish with cooking spray.

2. Combine croutons, onion, garlic and dill in a large bowl; toss. Add butter, parsley, eggs and spinach. Mix gently. Add broth, chopped oysters and reserved juice. Add bay leaves, lemon juice and pepper. Mix gently.

3. Transfer dressing to baking dish. Bake 35 to 45 minutes. Remove bay leaves before serving. Serves 8.

Recipe by Claudia Carauna, a food writer in Elmont, N.Y.

Per serving: 400 calories, 4g fat, 15g prot., 60g carbs., 1g fiber, 1170mg sodium.



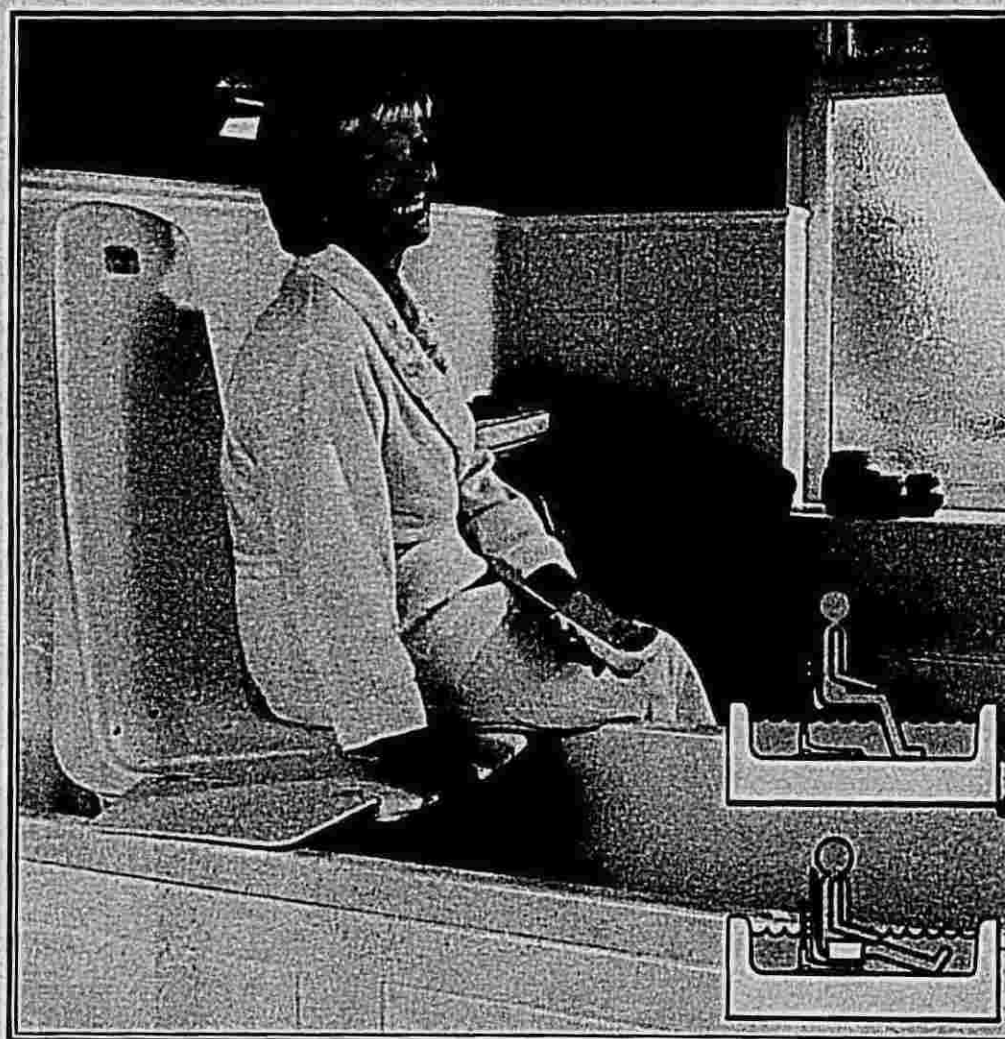
Are you missing the luxury of warm, relaxing baths? Well, grab your towel!

By John Fleming

For many of us, nothing is more relaxing than a long, luxurious bath. Unfortunately, because of safety concerns, many people, particularly older people, have to forego this simple pleasure. Sure, you can spend big bucks to remodel your bathroom to provide a bathtub you can use, but who wants to do that? Now there's a better way, and it lets you use the bath that's in your home today.

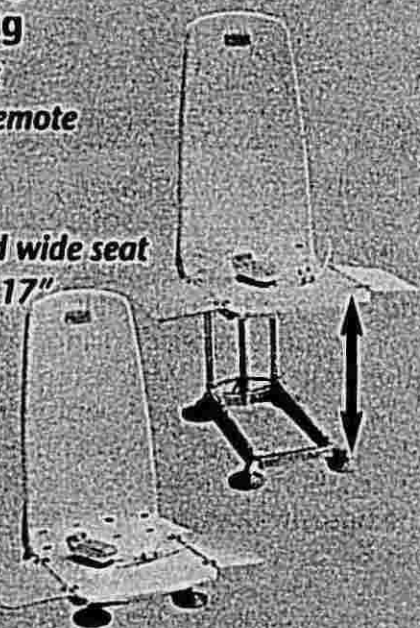
If you or a loved one has given up bathing because of age, mobility or safety concerns, the Archimedes Bath Lift is the answer. It is so simple, you'll wonder why no one thought of it earlier. The battery-operated "chair" safely and steadily lowers you to the bottom of the tub, and when you're done bathing, it gently raises you back to the top of the tub assuring a comfortable and safe exit from the tub. The remote is fully waterproof, so your bath won't be a "shocking" experience.

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skin-care update

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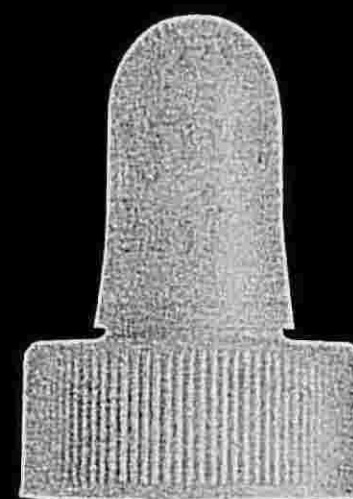
The Fine Print:

There are three drawbacks... **First**, although StriVectin-HS targets deep wrinkles on the face, the truth is StriVectin-HS works on deep wrinkles anywhere you have them—on the face, neck or décolleté. This stuff makes your skin look and feel so good, you'll want to bathe in it. But at \$153 a bottle (for approximately 28 facial applications), how much you apply and where you apply it will probably be limited by your bank account. **Second**, each application



takes time—between 3 and 5 minutes. You apply StriVectin-HS with your fingertips directly to the most pronounced wrinkles, at the corners of the eye, between the brow, around the lips and down the deep lines that run from the edge of your nose to the corners of your mouth. Gently spread the excess serum over your entire face. Wait one to three (1-3) minutes or until the serum becomes dry and slightly tacky to the touch. Then soak a clean facecloth in hot (not scalding) water and hold the

warm, damp cloth firmly to your face for thirty (30) seconds. Pat your face dry and take a look in the mirror—flawless! **Finally**, a bottle of StriVectin-HS Hydro-Thermal Deep Wrinkle Serum is extremely difficult to find. Your best bets in the U.S. are Macy's, Saks Fifth Avenue, Sephora, Bloomingdale's or Lord & Taylor. Worldwide: Harvey Nichols (London), Sephora (Paris, Milan), Douglas (Amsterdam) and Mitsukoshi (Tokyo). Or try Klein-Becker direct at 1-800-532-7524 or online at KleinBecker.com.



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(Continued from page 6)

baker brings the pies and rolls, the person with the least time brings the cranberry sauce, and the vegetables are divvied up among everyone else.

When it became obvious at the airport that no one was going anywhere, someone came up with a plan to make the best of the situation. There was plenty of food, but unless there was a way to share it, each family would be stuck with the one course they were bringing.

We can imagine that in a very short time, casseroles were uncovered, baskets were unpacked, and pies were set out on the ticket counter. In the spirit of the holiday, airport restaurants helped out with plates and silverware and donated their microwaves to heat vegetables.

We understand there was plenty of talk about going home the next day to roast a turkey, but at Logan that year, everyone filled their plate with holiday sides, and oddly enough, not one person asked, "Where's the turkey?"

In that spirit, here's a cranberry sauce we love (page 6). ?

By Jean Kressy, a food writer in Ashburnham, Mass.

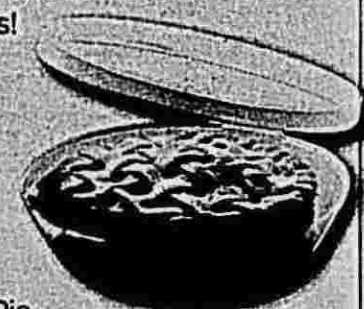
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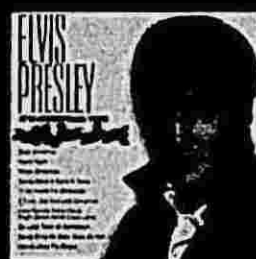


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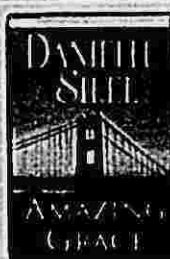
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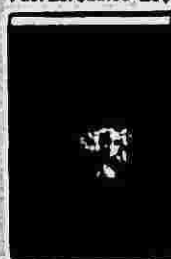
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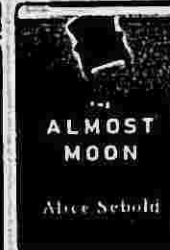
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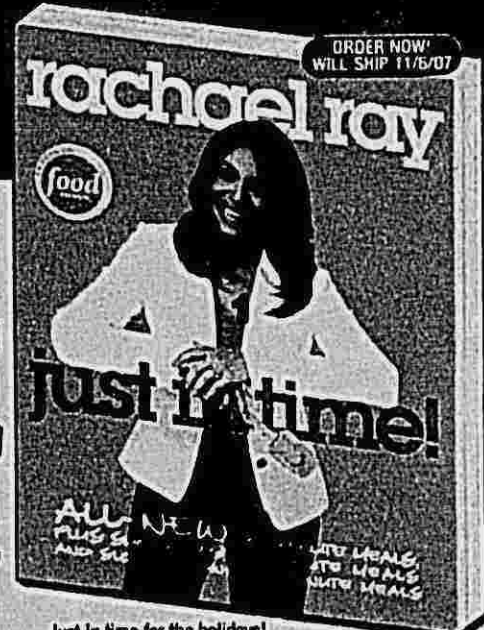
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Continued from page 26



Add this
tart to your
Thanksgiving
repertoire

Date Nut Tart

Have some low-fat frozen yogurt on hand to top off this sweet, irresistible dessert, a new take on old-fashioned pecan pie.

- 1 (9-inch) pie crust
- 1½ cups coarsely chopped walnuts
- 1 cup chopped pitted dates
(do not use sweetened dates)
- ¾ cup dark corn syrup
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 2 eggs, at room temperature

1. Preheat oven to 350F.
2. Place pie crust in a 9-inch tart pan (we used a 13-by-3½-inch pan). Place nuts and dates in crust.
3. Combine corn syrup, sugar, vanilla, salt, and eggs in a large bowl; whisk well. Pour over dates.
4. Bake about 50 minutes, until puffed and brown. Cool on a wire rack at least 15 minutes before slicing. Serves 12.

Per serving: 280 calories, 14g fat, 4g prot., 38g carbs, 2g fiber, 210mg sodium.

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(50 watts, 9-inches x 14-inches.)

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AS HEARD ON PAUL HARVEY NEWS

New advanced portable heater can cut your heating bill up to 50%

Heats a large room in minutes with even heat wall to wall and floor to ceiling

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

A new advanced quartz infrared portable heater, the EdenPURE®, can cut your heating bills by up to 50%.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. Pets can sleep on it when it is operating without harm.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. And, as you know, portable heaters only heat an area a few feet around the heater.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced

heating element was discovered accidentally by a man named John Jones.

Q. What advantages does infrared quartz tube heating source have over other heating source products?

A. John Jones designed his heating source around the three most important consumer benefits: economy, comfort, and safety.

In the EdenPURE® system, electricity is used to generate infrared light which, in turn, creates a very safe heat.

After a great deal of research and development, very efficient infrared heat chambers were developed that utilize three unique patented solid copper heat exchangers in one EdenPURE® heater.

Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

A. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

The EdenPURE® comes in 2 models. Model 500-XL heats a room up to 300 square feet and Model 1000-XL heats a room up to

Never be cold again



Cannot start a fire; a child or animal can touch or sit on it without harm



1,000 square feet.

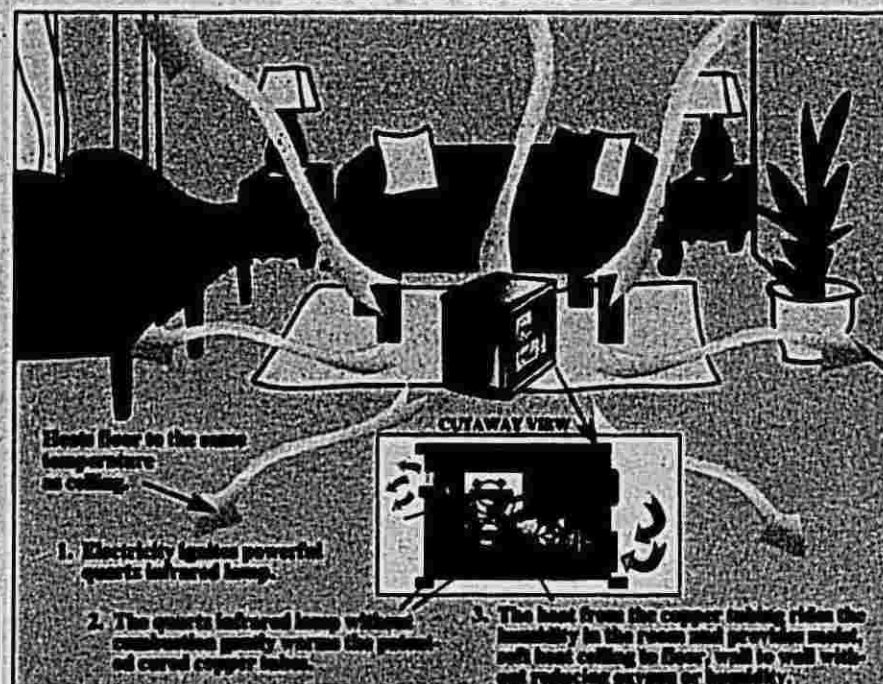
End of interview.

The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

Readers who wish can obtain the Eden-

PURE® Quartz Infrared Portable Heater at a \$75 discount if they order in the next 10 days. Please see the Special Readers Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either accept or reject order requests at the discounted price.

How it works:



SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500-XL is \$372 plus \$17 shipping for a total of \$389 delivered. The Model 1000-XL is \$472 plus \$27 shipping and handling for a total of \$499 delivered. People reading this publication get a \$75 discount with this coupon and pay only \$297 delivered for the Model 500-XL and \$397 delivered for the Model 1000-XL if you order within 10 days. The EdenPURE® comes in the decorator color of black with burl wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

Check below which model and number you want:

☐ Model 500-XL, number _____ ☐ Model 1000-XL, number _____

• To order by phone, call TOLL FREE 1-800-591-1086 Ext. EPH4759. Place your order by using your credit card. Operators are on duty 24 hours, 7 days.

• To order online, log on to www.edenpure.com

• To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied, your purchase price will be refunded. No questions asked. There is also a one year warranty.

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Check below to get discount:

☐ I am ordering within 10 days of the date of this publication, therefore I get a \$75 discount and my price is only \$297 for Model 500-XL and \$397 for Model 1000-XL delivered.

☐ I am ordering past 10 days of the date of this publication, therefore I pay shipping and handling and full price totaling \$389 for Model 500-XL and \$499 for Model 1000-XL.

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